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Toronto metro

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Numbers soaring
Turn to pg. 3

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TORSTAR NEWS SERVICE

Faculty standing behind trans students

UNIVERSITY OF TORONTO

250 condemn hate speech and threats

May Warren
Metro | Toronto

Over 250 faculty members at the University of Toronto have signed a letter condemning hate speech and threats directed against black and trans students.

The letter is the latest in the saga of psychology professor Jordan Peterson, whose comments about transgender students have raised the ire of the university community.

Geography and planning professor Deborah Cowen is one of the professors who signed the letter. She said faculty have been trying to figure out a way to respond since the situation "erupted" earlier this fall.

Peterson has defended his comments as free speech, but in the wake of the controversy, several transgender and black students have reported receiving crude and violent messages on social media.

Cowen said some of her trans students have stopped attending classes out of a concern for safety.

"These events have made campus feel unsafe and unwelcoming for some of the most creative and important members of our community," she said.

Cowen added she deeply values academic freedom and freedom of speech, but said it shouldn't be used as a cover for "hate speech."

UofT did not respond to a request for comment by deadline.

The administration sent a mass email to students and staff last week condemning threats against the trans community. The university said it is working with police to monitor the situation.

Reached by phone, Peterson told Metro he "unreservedly condemn(s)" those making the threats, but said he will not apologize or retract his comments, including statements critical of efforts to amend the Human Rights Code to include protections for gender identity.

Professor Dina Georgis, undergraduate coordinator at the University of Toronto's Women and Gender Studies Institute, said the university needs to "take more of an interest, to care, not to wait for the next thing that happens and then they have to worry about their optics."

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Metro Toronto's readership grew three per cent last quarter, reaching 654,000. METRO

Metro's readership still growing

SURVEY

Metro is the top free daily newspaper in Toronto

A growing number of Torontonians are turning to Metro as their source of daily news, according to the latest readership survey from Vividata.

Metro Toronto's readership grew three per cent last quarter, reaching 654,000 readers. Metro is the No. 1 free daily in Toronto and the second most-read newspaper in the city, behind only the Toronto Star.

"The plan for Metro is to continue to be a local voice," said Sandy MacLeod, chief operating officer for print for the Star Media Group.

"Local people, local faces, local events. To be real to the city that we're in."

Across the country, Metro has 1.68 million daily print readers. It is the No. 3 most-read print paper in Vancouver, Calgary and Edmonton; the No. 2 paper in Ottawa, Winnipeg and Toronto and is now the No. 1 paper in Halifax.

Cathrin Bradbury, Metro's vice-president and editor-in-chief, said Metro is well placed to be the voice of Canada's urban centres.

"Metro is in the right place at the right time: we're young, we're local, we're people-driven, we're optimistic," she said.

"We're a paper that tackles issues that people in cities care about, and looks for solutions."

Metro Toronto's managing editor, Angela Mullins, said the results show Metro's unique approach to the news is resonating with Torontonians.

"Day in and day out, our reporters uncover the stories that matter to readers, like our award-nominated series on road safety," she said.

"We're telling the story of the city at street level, and focusing on issues affecting millennials, commuters, and working families.

"At Metro Toronto, we pride ourselves on producing the kind of journalism that makes our city a better place to live."

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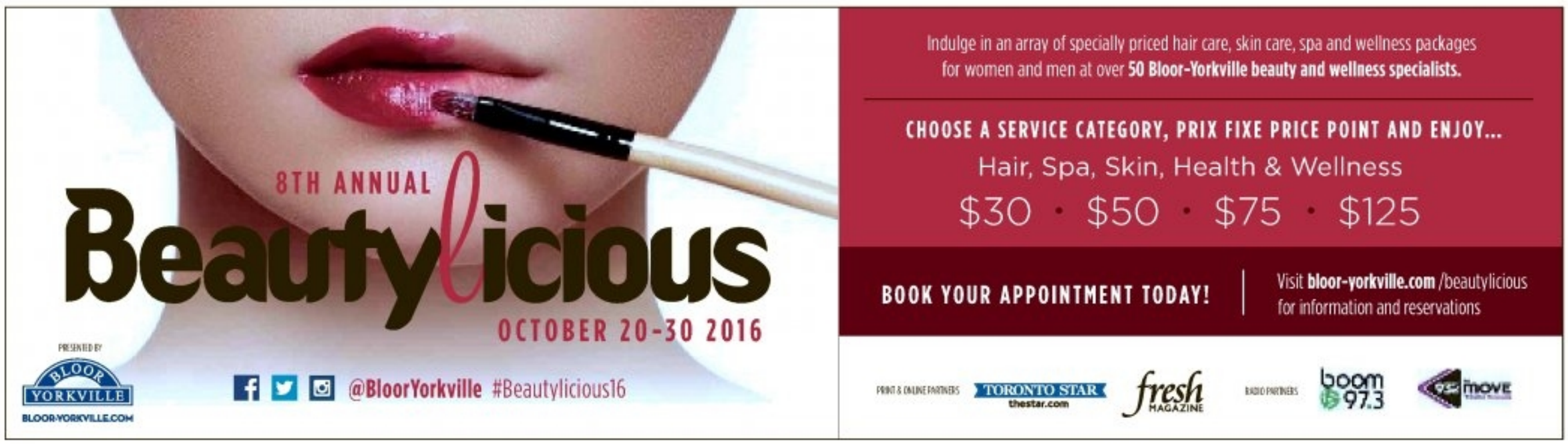


DEVELOPMENT

Councillor calls for steeper tree-cutting fines for builders

A pile of logs is all that's left of a lot that was full of tree at Bayview Ridge and Bayview Avenue after the trees were cleared without city permission. Mayor John Tory told reporters that, if the developer is prosecuted, he hopes the courts make an example with heavy fines.
TORSTAR NEWS SERVICE

Gilbert Ngabo
Metro | Toronto

Builders who chop down Toronto trees without permission could soon be facing steeper penalties.

Coun. Jaye Robinson is calling for increased fines and the suspension of building permits for developers who illegally remove local flora.

Robinson's motion has already been approved by the city's parks and environment committee.

The bid comes as city staff investigate an incident where Format Group axed a cluster of trees at Bayview Ridge in July to pave the way for a condo development.

The findings from the first phase of the investigation — released Wednesday — revealed a total of 40 trees were removed at the site without permits. As a result, the city ordered the developer to replace the trees at a ratio of five to one, meaning 200 new trees will be planted.

Format Group has paid $155,604 in fines, but Robinson thinks the punishment is too small to discourage other developers from following suit.

"I think they see it simply as a cost of doing business, as a line item in their budgets," she said.

"It's very disconcerting. I think this sends a message that if you cut down trees you get a slap on the wrist."

Robinson said city staff may yet pursue legal action against Format Group. The Ontario Court of Justice could hit violators with fines up to $100,000 per tree.

Advocates say the city should be more proactive by educating people about the importance of trees and what is an infraction.

"Fining people is good but by the very nature of it, it is reactive. The damage is already done," said Janet McKay, executive director of Local Enhancement and Appreciation of Forests.

"There's a lack of awareness and we need to make sure people understand the true impact of these infractions."

ANIMALS

Bird found near death flies home

Brock, a young and colourful cockatiel, was near death when he was found crammed inside a plastic takeout container, starving and bleeding, with a handful of seeds.

But with the help of a network of animal lovers, Brock is now recovering in a loving new home.

"The fact that he's still alive is a miracle," said Bev Penny, one of many who helped Brock.

An unknown person found the cockatiel in a garbage bin near Bloor Street and Brock Avenue, in September. Unable to pay for veterinary bills, the bird was brought to Earth Echoes Reptile Centre, a nearby pet shop.

According to owner Paul Collier, Brock was in bad shape.

The bird had a broken wing, bloody patches with feathers missing and was covered in dirt. A vet later found that Brock was also blind, and his injuries appeared intentional.

Staff tended to the bird's initial needs and cared for him for two weeks, said Catherine Becket, a volunteer at Earth Echoes.

"He's just the sweetest little bird," she said. "After all that was done to him … he sat on my hand and was chirping and singing at me."

Soon, the story arrived in a Facebook group called "Crazy Canadian Bird Ladies." Thanks to the group, he appears to have found a new home. TORSTAR NEWS SERVICE

Brock found a forever home after a posting on a Facebook group called "Crazy Canadian Bird Ladies." CONTRIBUTED

Report on Airbnb, short-term rentals a good start: Wong-Tam

SHARING ECONOMY

Regulations to come following consultations

May Warren
Metro | Toronto

Toronto has taken a first, albeit small, step towards regulating Airbnb and other short-term rental sites.

While cities like New York, San Francisco and Vancouver have proposed or implemented policies limiting short-term rentals, Toronto just published an initial report on the matter Wednesday.

Coun. Kristyn Wong-Tam, who asked staff to look into short-term rentals last year, called the report a "good starting place for discussion," but said she was hoping it would arrive sooner.

"Largely because the pressures are being felt in the neighbourhoods, as well as in the condominium buildings," she said.

"The pressures are being felt by tenants being asked to leave by their landlords as their homes are being converted to Airbnb rentals, the pressures are being felt by mid-range hotels."

The report, which goes to executive committee Oct. 26, calls for more research and public consultation before coming back to council with proposed regulations in 2017.

Airbnb public policy manager Alex Dagg said the company is pleased Toronto is moving towards an "inclusive consultation process on home sharing," and is looking forward to participating.

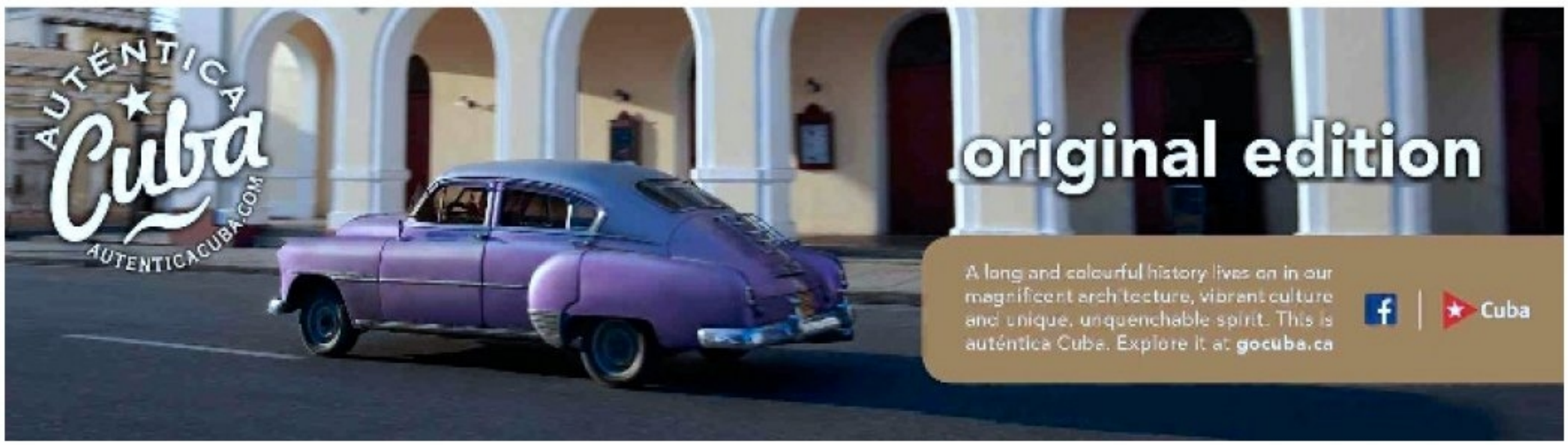
CITIES AND THEIR RULES

New York: Short-term rentals are generally allowed if the owner is there or is renting out their own home.

San Francisco: Short-term rentals are allowed with a licence and registration, provided the owner lives in the home for 275 days a year. However, Airbnb is suing San Francisco over a city decision to fine the company $1,000 a day for every unregistered host.

Philadelphia: Short-term rentals are allowed but you need a permit if renting your secondary residence, or your own home for more than 90 days a year.

Seattle: Short-term rentals are allowed in any unit for less than 90 days per year. If it's your home you can rent for more than 90 days a year.



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Tickets you just can't Leaf behind

CENTENNIAL

Package will honour team's history and values

The Toronto Maple Leafs want you to keep your tickets after this season.

The team's centennial ticket package has been crafted — through a combo of long-lost quotes, photographs and custom artwork — to be a history-infused keepsake for fans.

"We wanted it to be something people would hold on to for their life, essentially," said Matt Coyle, the Leafs' creative director, who spent months leading the project.

The goal, he explained, was to commemorate the team's history and articulate the team's values of pride, honour and courage.

The creative force behind the ticket illustrations is Conrad Garner, a Florida-based artist and longtime hockey fan.

Garner was approached by the Leafs' creative team who were impressed by his online portfolio.

Conrad Garner with the tickets he designed for the Toronto Maple Leafs' centennial year. CONTRIBUTED

He recalls making himself an iron-on Maple Leafs T-shirt in middle school because he thought the team's logo looked cool. So when the team approached him with an offer to collaborate, he jumped on it — one drawing blitz, more than 250 sketches and nearly 60 completed pieces later, Garner has a tired shoulder and knows the team well.

He says the behemoth of a project was a feat of human and creative strength, and one that ended up being one of the highlights of his life.

"But the quotes we used really talk about the player as a man, and the type of person he was — I think it gives you a fuller understanding of these players."

He says, through some digging, he tried to let Maple Leaf players from the past century talk about the team and its legacy in their own words. The ticket for Dec. 11's game, for example, features a photo of goalie Johnny Bower and a quote from him about playing without a mask: "I just made up my mind that I was going to lose my teeth and have my face cut to pieces."

"I have a **deep respect for that team and their** legacy," he said. "I would hope (fans) will see these (players) and learn more about them and what they did for the team, and this timeline that is pretty incredible."

Mike Ferriman, the team's director and historian, helped compile the quotes that Garner artistically worked into the tickets.

"We all know the statistics, and how many Cups they've won, how many goals they scored," said Ferriman.

The Leafs' art director Louis Cohen and designer Anthony Ruggiero also played major roles in making the ticket project happen.

"People will be going through shoeboxes for decades after this, looking through all the treasures that they saved, and I know that so many of these tickets will appear in those shoeboxes," Ferriman said. TORSTAR NEWS SERVICE

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Weighing in on warmer weather

FALL

City's unseasonably balmy temperatures bring pros and cons

May Warren
Metro | Toronto

With unseasonably warm temperatures peaking around 25 C, the past few days in Toronto have seemed like a brief return to summer.

While many have cheered the warmer weather, not everyone will benefit from it. Here are some of the winners and losers when summer sticks around.

WINNERS

Cyclists

As anyone who regularly bikes to work will tell you, milder temperatures make for easier, more enjoyable bike rides with fewer layers.

The Toronto Islands

Many tourists and Torontonians have taken advantage of the warm weather to head to the islands and soak up some unexpected sunshine.

Hikers

There's never been a balmier time to trek through Toronto's many parks and ravines while also checking out gorgeous fall colours.

LOSERS

Subway riders

At one point during the summer about one in four subway cars on the Bloor-Danforth line had busted air conditioning units. The TTC is still working to repair them, meaning some riders are in for a sweaty commute, made all the worse by that nice fall jacket they decided to sport.

The Toronto Islands

Although the weather is warmer, the city switched the island ferries to a winter schedule earlier this month. That's meant packed ferries and long wait times for anyone hoping to hop the pond and take advantage of the lingering summer.

Retailers

Stores are already packed with fall sweaters and boots, but Metro's guessing it's probably harder to sell those down coats without a nip in the air.

GORD DOWNIE

ICON LENDS A VOICE TO WE DAY

A boisterous celebration of youth empowerment took on a solemn tone as Gord Downie appeared at We Day to continue championing the cause of reconciliation with Canada's indigenous peoples. Downie stood before thousands of students gathered at Toronto's Air Canada Centre Tuesday to perform The Stranger from his new album Secret Path. STORY: THE CANADIAN PRESS PHOTO: BERNARD WEIL/TORSTAR NEWS SERVICE

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Juror says murder trial caused 'decline'

COURT

Woman seeks compensation after Tori Stafford case

Tori Stafford, 8, was brutally raped and murdered in 2009. A juror in the trial of one of her killers says she was traumatized and suffers PTSD as a result of the graphic evidence. THE CANADIAN PRESS

An Ontario woman says she suffered bouts of depression, rage and compulsive shopping in the weeks and months after serving as a juror in the trial of a man accused in the brutal rape and murder of 8-year-old Tori Stafford.

The woman's lawyer, Barbara Legate, said her client suffered a "precipitous decline" after the trial, spending large amounts of money on items she later forgot she purchased — a reciprocating saw, new furniture, clothes, even rescue dogs. "She was looking for some kind of comfort and solace and that's where she went," Legate said.

The juror, who cannot be identified due to a publication ban, will go to court next month to seek compensation for the trauma she says she suffered. While sitting on the jury during Michael Rafferty's two-month trial, the woman visited the scenes of the rape and burial, saw photographic evidence from the crime and heard eyewitness testimony from Rafferty's girlfriend and accomplice, Terri-Lynne McClintic.

Rafferty was convicted and sentenced to life in prison in 2012 in the 2009 death of the Woodstock girl. McClintic was also sentenced to life in prison.

In a submission to the Ontario Court of Appeal, the juror said that, almost immediately after the trial, she lashed out at her children, suffered from depression, had flashbacks to trial evidence, and experienced loss of short-term memory and loss of concentration.

The juror said she has been diagnosed with PTSD and an anxiety disorder, is on long-term disability leave from her job and "continues to suffer a psychological injury and to struggle emotionally and financially."

Ontario's Compensation for Victims of Crime Act defines a victim as a person injured or killed by "any act or omission in Ontario of any other person occurring or resulting from … the commission of a crime of violence." The CVCA's definition of "injury" includes a "mental or nervous shock."

The juror applied to the Criminal Injuries Compensation Board in 2014, seeking reimbursement for the costs of her treatment, lost wages and other expenditures she said were brought on by her traumatic experience.

TORSTAR NEWS SERVICE

Police civilian worker facing 22 charges

A Toronto Police civilian employee is facing 22 new charges after an investigation into files which were allegedly accessed illicitly.

Between February and September 2014, police allege a female clerk in the Forensic Identification Service conducted unauthorized searches of police databases.

They said these searches were not for "official police business."

On Wednesday, the TPS Professional Standards unit charged Erin Maranan, 28, of Thornhill with 20 counts of breach of trust, one charge of perjury and one charge of personation. In July, she was charged with two counts of breach of trust.

Maranan appeared in court on Wednesday. A publication ban was imposed on the proceedings. Daniel Brown, a Toronto lawyer who does not represent Maranan, explained the "very serious allegations" against her.

The perjury charge is an indictable offence, meaning it is in a category of more serious offences, said Brown.

TORSTAR NEWS SERVICE

IN BRIEF

Shooting in city's northwest was targeted, police say

Police say they believe a fatal shooting in northwest Toronto was targeted. They say a vehicle pulled up beside the victim's car on Tuesday afternoon and an occupant of the vehicle fired multiple shots.

Two men were taken to hospital suffering multiple gunshot wounds and police say Christian Saarah, 28, of Toronto died of his injuries. They say Saarah's 24-year-old brother remains in hospital in serious condition.

Police say there was an "interaction" between the brothers and the suspects prior to the shooting, but they don't know the specifics. THE CANADIAN PRESS

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Jays and fans look to future

BASEBALL

Fans embraced the team more than they have in 2 decades

Joe Callaghan
For Metro | Toronto

"I'd rather be punched in May than knocked out in October."

Well, now we know how both feel ... damn sore.

The Toronto Blue Jays' 2016 campaign came to an anti-climactic end inside Rogers Centre on Wednesday night. Booming bats again fell silent and then the city fell silent too as Cleveland marched on to the World Series. It hurt. But what a roller-coaster ride it has been for the blue masses of this city. It wasn't the intention, yet the aforementioned fan poster — which quickly went viral the night the Texas Rangers were swept out of town in the ALDS, exacting sweet revenge for Rougned Odor's assault on Jose Bautista earlier in the year — kinda sums it up. This was a season when it felt like Toronto embraced their Blue Jays more than they have in over two decades. And they had to take the highs with the lows.

The swashbuckling ride to the AL East pennant last year had sparked a quick-fire love affair for so many. In 2016, the connection between team and city became more long-term.

Almost 600,000 more fans came to Rogers Centre this year, the Jays breaking the three-million barrier for the first time since 1993 and ranking as the third-best supported team in all of baseball. Gameday in The Six was more raucous than many had known it.

All those new fans were rewarded with a more authentically wild baseball ride — dizzy highs, dispiriting lows and a whole lot of middle ground when you weren't quite sure what came next. Because, you know, long-term relationships can't be all smooth. The 2015 Jays had been an all-swinging, all-dancing offensive machine but this year we had to sit through frostier nights when bats fell cold. The emergence of some of the hottest arms in the league helped keep us warm.

Jays fans had watched helpless as ace David Price left for Boston in the winter, the new front office eschewing a mega-contract offer for thriftier deals with Marco Estrada and J.A. Happ. What bargains they turned out to be. With Aaron Sanchez and closer Roberto Osuna further emerging as two of the game's most dominant young hurlers, the pitching future looks oh so bright.

But Toronto is a city that loves the crack of a bat. And when Cleveland brought an end to 2016 on Wednesday night, they might also have brought the curtain down on two of the most beloved modern Blue Jays sluggers.

Bautista and Edwin Encarnacion are now free agents. As fans trudged away from the Birds Nest and Rogers Centre they knew that it's likely only one will be back. That will hurt too. But that's baseball.

Roll with the punches and roll on 2017.

A Toronto Blue Jays fan looks on sadly as the Cleveland Indians celebrate their win in Game 5 of the ALCS at the Rogers Centre on Wednesday. CARLOS OSORIO/TORSTAR NEWS SERVICE

The best and worst moments of Toronto's post-season

1 Edwin Encarnacion watches his 3-run walk-off homer during the 11th inning of the American League Wildcard game against the Baltimore Orioles at Rogers Centre on Oct. 4. CARLOS OSORIO/TORSTAR NEWS SERVICE

2 Josh Donaldson celebrates after scoring the winning run in the Jays' sweep of the Texas Rangers in the ALDS on Oct. 9. TORSTAR NEWS SERVICE

3 Edwin Encarnacion #10 of the Toronto Blue Jays leaves the field after striking out in the ninth inning. CARLOS OSORIO/TORONTO STAR

4 & 5 Blue Jays fans watch the Jays sadly watch at Pecaut Square in downtown Toronto as the Jays lose to Cleveland in Game 5 of the ALCS on Wednesday. EDUARDO LIMA/METRO

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Crombie pitches Mississauga

DEVELOPMENT

Pharmaceutical company met with mayor in Brazil in 2015

At an international biotechnology conference in Philadelphia last year, Mississauga Mayor Bonnie Crombie heard that a Brazilian multinational pharmaceutical company was looking to set up an operation in New Jersey.

"So I pitched them on the GTA — Mississauga," says Crombie, talking about her city's growing confidence as a global player, while an unprecedented number of multibillion-dollar projects get set to launch in Canada's sixth largest city.

Crombie went to Brazil and met with officials of the company, Biolab. "They rolled out the red carpet. Then they grilled me on Mississauga," she says.

After hearing about the LRT project along Mississauga's central commercial corridor, a new institute of management and innovation and a new medical research facility at the University of Toronto's Mississauga campus, as well as a number of large, vertical residential projects in the city, Biolab was sold. It is investing $56 million in a new Mississauga research and development facility.

The city is undergoing an unprecedented transformation, with an expected $40 to $45 billion of new construction investment over the next 15 years, according to senior city staff, more than double the recent annual rate of construction investment in Mississauga.

Some of the projects either underway or being planned for the near future:

A 10-tower, $1.5 billion downtown high-rise condominium project spearheaded by a real estate company created by the Rogers family, better known for its leadership of Canada's telecommunications giant;

A 250-acre waterfront reclamation around the site of the old Lakeview coal-fired power plant, which will feature a mix of residential and commercial development, arts and cultural venues and conservation land;

About 125 acres of new development, including marina water lots, at the centre of Port Credit. Part of the site, where there was once an Imperial Oil refinery, will be converted into mixed-use development;

A 200-acre parcel of land in the city's centre, along the LRT corridor, which will include a planned 166-acre, public-use, urban farm, including the historic farm buildings, and about 33 acres of midrise residential development featuring street-level cafes, restaurants and boutiques;

The $1.3 billion LRT, funded by the province, with major developments along the Hurontario corridor, including public art spaces, cultural venues, major transportation terminals and intensified residential and office construction by current property owners.

An artist's rendering of the Mississauga Lakeview project, looking east over the mouth of Serson creek. TORSTAR NEWS SERVICE

The LRT will come with major developments along the Hurontario corridor. TORSTAR NEWS SERVICE

An artist's rendering of the "Inspiration Port Credit" project, to remake part of Mississauga's waterfront. TORSTAR NEWS SERVICE

It's startling departure for Mississauga after decades of urban sprawl, which featured wide single-family housing in vast subdivisions and low-slung commercial buildings in strip-mall-style plazas surrounded by acres space for parking.

> **There is a feeling of anticipation that everyone has.**
> Mayor Bonnie Crombie

"It's a combination of different factors," says Ed Sajecki, the man in charge of planning and building in Mississauga, explaining the historic changes taking place. He says Mississauga's current success is partly because it is embracing an urbanism that is somewhere in the middle, on more of a human scale — not the car-dominated sprawl that has defined post-war North American suburbs and not the hyper-verticality of many walled-off concrete and glass cities rising up around the world.

"The public has been very clear, council has been very clear, we're looking at more of a mid-rise form of intensification down in those areas. The plans do provide for a tiny bit of deviation, but it's been very clear (in our waterfront) documents, if we do entertain some higher buildings, it would have to be something that we would all be very, very proud of."

Ray Tomalty, a University of McGill adjunct professor of urban planning, holds Mississauga up as the North American example of dynamic suburban evolution.

"The U.S. doesn't really have anything like Mississauga, in the sense of a major suburban municipality with major high-rises and increasingly diverse transit options," he told Torstar News Services. In his book, America's Urban Future: Lessons from North of the Border, Tomalty, who is also a principal of consulting firm Smart Cities Research Services, describes how Mississauga is reinventing itself, refusing to spiral into the type of dreary, big-box commercial decline of many American suburbs.

Crombie says she doesn't plan to stop with the current list of multibillion-dollar projects currently redefining her city. "I don't see why we can't compete with Toronto," she says.

She talks of Japanese and German companies she's currently trying to recruit and ambitious plans to expand the city's airport corporate centre which already employs about 300,000 people around Pearson airport.

Crombie says the city still has a lot of work to do to create arts and cultural experiences and build other features that increasingly cosmopolitan residents expect.

"There is a feeling of anticipation that everyone has right now. This is the right time," she says.

TORSTAR NEWS SERVICE

ENERGY

Enbridge, Chippewas community headed to court over pipeline

The pipeline snakes across the forested plain, east from a place called Aamjiwnaang and on through the land that Myeengun Henry says has never been surrendered.

He said his nation, the Chippewas of the Thames, didn't consent to the pipeline's construction in the first place, 40 years ago. And when Enbridge, the pipeline owner, wanted to put through more oil and partially reverse its flow, Henry and his compatriots called for direct "nation to nation" consultation with the Canadian government — such is their constitutional right, he argued.

But the Chippewas of the Thames argue that right was denied despite direct appeals to federal ministers during community hearings on the proposal for Enbridge's Line 9, which was approved in 2015.

Now, even as Alberta crude chugs through the pipe under the Thames River — upstream from the first nation's reserve, Henry points out — the community of 2,800 is taking their push for consultation to the Supreme Court of Canada. This week, as their legal bills mount, the Chippewas of the Thames launched a crowdfunding campaign to raise $500,000 to help cover the cost of their case.

"The problems is, if we should lose this court case, we're going to be subject to Enbridge's costs, too. This is a huge risk for our nation," said Henry, who is serving his third term as band councillor. "But we've got to this point, and we're not going to stop now."

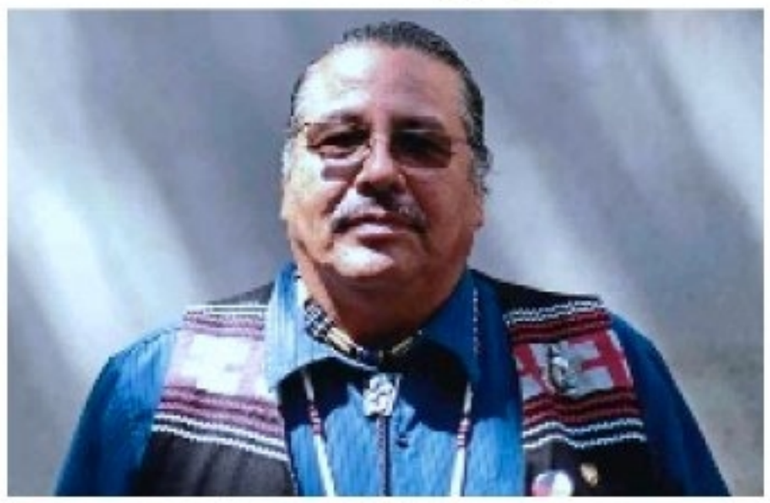
Canada's top court is scheduled to hear the Chippewas challenge Nov. 30, the same day as another case brought forward by the Inuit in Clyde River, a small town in Nunavut. Similar to the Chippewas, the Clyde River Inuit are claiming they weren't properly consulted by Ottawa during the process that approved seismic testing for oil off the coast of their small community.

Nader Hasan, a Toronto lawyer representing the Inuit in the Clyde River appeal, said the two cases are of the upmost national importance.

"At a fundamental level, both cases involve legal issues emanating from the constitutional duty to consult," Hasan said.

The lawyer representing the defendants in the case, Sandy Carpenter, declined to comment.

TORSTAR NEWS SERVICE



Myeengun Henry in Toronto in 2015. TORSTAR NEWS SERVICE

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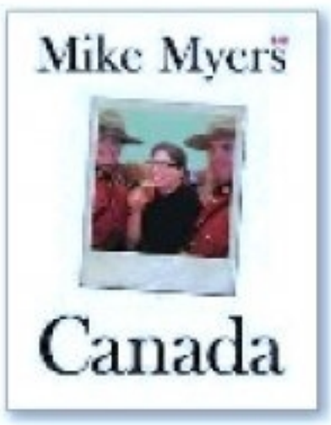

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5 Things to know about Trudeau a year after win

Canadians have learned a lot about Justin Trudeau in the year since he was elected prime minister. Here are five things you didn't know before:

THE CANADIAN PRESS

1 He's a different leader than his father

The opposition likes to razz Trudeau about taking too many selfies and not focusing on the issues of the day. No one believes Trudeau isn't authentic when he poses for pictures or shakes hands with crowds. Trudeau is more social than many anticipated, Wiseman says, including letting people connect with him through his family. Trudeau's public image is opposite in many ways to that of his father, Pierre Elliott Trudeau, who Wiseman describes as aloof and calculating: "You can't imagine the younger Trudeau say, 'Just watch me.'"

2 He plays his cards close to his chest

Before and during the election campaign, Trudeau would let you know where he stood on issues. Marijuana? Legalize it. Deficits? Down with it. But since coming to office, he has kept particular views to himself. On the specifics of building pipelines and electoral reform, Trudeau doesn't say what projects or voting system he backs. When asked about pipelines, Trudeau talks about the economy and environment going hand in hand. "He's a waffler in the grand Liberal tradition," says Nelson Wiseman, director of the Canadian Studies Program at the University of Toronto. Trudeau likely has about two years at the most to push one or two major issues before he heads into re-election mode. He has spent the past year watching his polling numbers stay high and building political capital. What will he spend it on?

3 He's still campaigning

Penny Collenette, a former official in the Prime Minister's Office during Jean Chrétien's tenure, says it's almost as if Trudeau is still in campaign mode a year later. "Perhaps his true governing style will not become apparent until budget decisions have to be made." Max Cameron, director of Centre for the Study of Democratic Institutions at UBC, also says Canadians are likely to learn more about Trudeau's positions on issues during his second year in office.

4 He's no micromanager

Andrew Potter, director of the McGill Institute for the Study of Canada and the former editor-in-chief of the Ottawa Citizen newspaper, says some in politics like to wallow in the fine details, while others govern from 30,000 feet. "Trudeau seems oddly disengaged to me," says Potter. Some decisions have caught people pleasantly by surprise, such as having gender parity in cabinet. But that's not what has people confused. Trudeau seems keen on being a global political leader and basking in the international spotlight. The issue is what Trudeau does when he returns home. "It's not clear to me what he's actually doing," says Potter.

5 He can play hardball

At its core, governing is about making tough choices and trade-offs, says Cameron. Trudeau has shown an ability to wear a black hat when the situation demands it, such as his plan for a price on carbon, or taking a hard line on health-care funding. In both cases, Trudeau took a position sure to be unpopular with the premiers, despite having vowed to work with them, Cameron says. Indeed, he's adopted more conservative policies on health- care funding and greenhouse gas emission targets, says Potter — showing that Trudeau understands sunny ways might be a great strategy to get elected, but a terrible strategy to govern.

IN BRIEF

Immigration spike on the table: McCallum

A high-powered group of external advisers is calling for a dramatic increase in Canada's immigration levels, but Immigration Minister John McCallum says that might be too ambitious.

McCallum said Wednesday he's read the report by the Advisory Council on Economic Growth that calls for a 50-per-cent increase in targets to 450,000 people a year. The measure would target skilled, entrepreneurial newcomers in an attempt to stimulate economic growth.

THE CANADIAN PRESS

Electoral reform needs 'substantial' support

Prime minister Justin Trudeau, in an interview with Le Devoir newspaper, said major electoral reforms would require "substantial" support. But he simultaneously argued that the public clamour for change seems to have diminished since the Liberals defeated Stephen Harper's Conservatives one year ago. THE CANADIAN PRESS

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FROM THE EDITORS OF THE KIT
compact

PHOTOGRAPHY BY LUIS MORA

Pies hold power over presidency

A Toronto pizzeria is giving Canadians a slice of American pie, with an opportunity to vote in the U.S. election.

North of Brooklyn, a small local pizza chain, announced its Vote with Pizza poll on Wednesday — in which two newly invented pizzas will fight over taste buds for a vote for either Donald Trump or Hillary Clinton.

Hungry politicos have until Nov. 1 to sample one of the slices. Afterwards, an anonymous dual-citizen of Canada and the U.S. will cast a vote for either Trump or Clinton according to which pizza was more popular.

TORSTAR NEWS SERVICE

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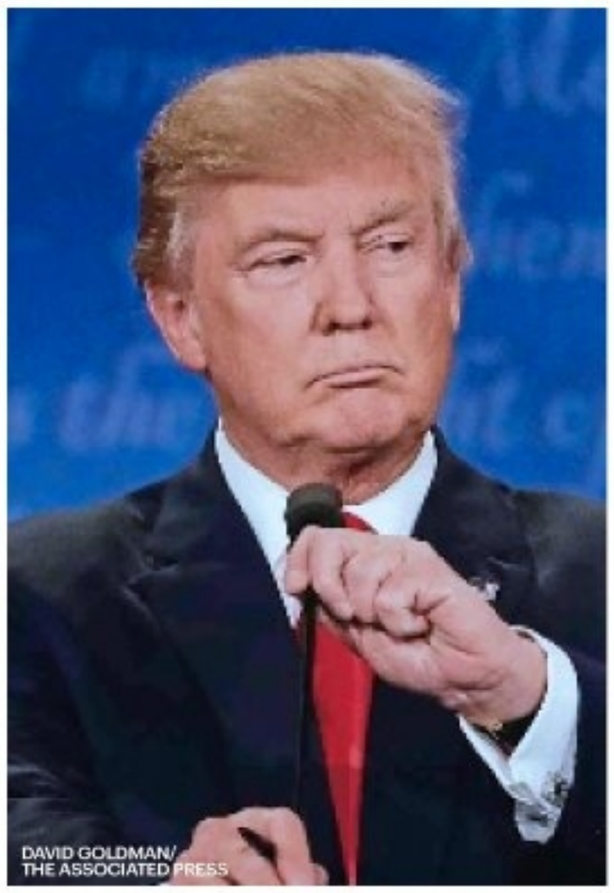

DAVID GOLDMAN/ THE ASSOCIATED PRESS

People are going to pour into our country.
Donald Trump on illegal immigration

LAST PRESIDENTIAL DEBATE

Nominees warn of disaster on immigration, abortion, nukes

Hillary Clinton and Donald Trump kicked off their third and final debate without shaking hands, continuing a break from decorum that began at their last showdown in St. Louis.

The two stepped onto the stage in Las Vegas from opposite sides, each briefly waving to the audience before immediately moving behind their podiums.

Clinton and Trump outlined starkly different visions for the Supreme Court under their potential presidencies Wednesday night, with the Republican declaring the landmark Roe v. Wade ruling legalizing abortion would be overturned by his judicial nominees.

He likened partial-birth abortions to allowing women to "rip the baby out of the womb" even on the last day of pregnancy.

Clinton vowed to appoint justices who would uphold the ruling legalizing abortion, saying, "We have come too far to have that turned back now."

The debate opened with a measured, policy-focused discussion — a stark contrast to the heated and highly personal clashes that defined earlier contests. However, within 30 minutes, Trump reverted to his previous style of bursting in to interrupt Clinton as well as moderator Chris Wallace of Fox News.

Trump highlighted his hard-line immigration strategy as a way to get "bad hombres" out of the United States. He accused Clinton of wanting an "open borders" policy, a characterization she vigorously disputes.

"People are going to pour into our country," Trump said.

The Democratic presidential nominee charged that her Republican opponent has "exploit(ed) undocumented workers."

Clinton said she voted for border security and believes the U.S. is a country of laws, but also a nation of immigrants and said she's against ripping families apart.

She portrayed Trump's deportation plan as a logistical nightmare, saying it would force a "massive law enforcement presence" and require shipping people from the country in trains and buses.

Trump alleged Clinton has allowed Russia to expand its nuclear weapons. Clinton, in response, said Trump is "cavalier" about nuclear weapons, pointing to his past statements suggesting more countries should have nuclear power.

Threatening to upend a basic pillar of American democracy, Trump refused to say he would accept the results of the November election if he loses. The Democratic nominee declared Trump's resistance "horrifying."

Near the end of the debate, Trump interjected as Clinton was talking about preserving Social Security and Medicare, calling her "such a nasty woman." THE ASSOCIATED PRESS

DREW ANGERER/ GETTY IMAGES

We have come too far to have that turned back now. Hillary Clinton on abortion

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Iraqi forces seek revenge

MOSUL

Battle against Daesh deeply personal for some soldiers

Iraqi Army Cpl. Saif stands outside a building in Irbil, Iraq. He claims Daesh released a video that shows his brother's execution. THE ASSOCIATED PRESS

For Saif, an Iraqi army corporal, the battle for Mosul is intensely personal. Over the course of two years of Daesh rule, the extremists destroyed his home, arrested his father, killed his brother and forced his fiancee into a marriage with a Daesh fighter.

Now he's looking for revenge.

"I used to be a normal person. My dream was just to save enough money to build a house so I could get married," the 30-year-old soldier said, nervously fiddling with his cigarette.

All together seven members of his family were killed by the extremists, he said, giving only his first name because he didn't have permission from commanding officers to talk to the media. He only found out about their deaths from a video the militant group released of their killings.

"I know the man who killed my father and the man who killed my brother," Saif said. "And I know the woman who informed on them. She was our neighbour."

Younis Atiya, a Sunni tribal militia fighter, also frames the operation to retake Mosul as a chance at personal vengeance.

Atiya's village on the edge of Nineveh province was retaken from Daesh earlier this year. Standing outside the building that was once his home he pointed to the spot outside the garden gate where he watched Daesh fighters abduct his father.

"They drove up to the house in a pickup truck. We saw them and tried to run away but it was too late," he said. After holding his father for three days, Daesh killed him and dumped his body.

"I want to liberate Mosul to save people from the fate that my family suffered," the 30-year-old fighter said.

When Mosul fell in the summer of 2014, Saif was among the troops deployed to defend it.

> **"I want to liberate Mosul to save people from the fate that my family suffered.**
> Younis Atiya

The moment marked a humiliating defeat for the country's military, with catastrophic consequences. Daesh militants went on to overrun the city of Tikrit just north of Baghdad and began to advance on the Iraqi capital, plunging the country into the deepest security and political crisis since the U.S.-led invasion in 2003.

On Monday, Iraqi Prime Minister Haider Al-Abadi announced the start of the massive operation to retake Mosul, an offensive involving some 30,000 troops — a force that includes not only Iraq's conventional army but an array of other armed groups, including Shiite militias, Iraqi Kurdish fighters and Sunni tribal fighters like Atiya. THE ASSOCIATED PRESS

AL-HUD, IRAQ

Town declared liberated

The mutilated bodies of Daesh group fighters were still strewn on the ground of this northern Iraqi town on Wednesday. One was burned. Another's face was flattened by abuse.

Iraqi troops on the march toward Mosul moved into al-Hud a day earlier and declared it liberated. But they found residents had already risen up and killed many of the militants in the town themselves.

With the offensive to recapture Mosul in its third day, Iraqi forces advancing from the south and east are fighting to retake the towns and villages that dot the plains and line the Tigris River leading to the city. At times, they've met fierce resistance, with the militants sending explosives-packed vehicles careening toward the troops' positions.

This area has been under control of the militants ever since the summer of 2014, when Daesh fighters captured Mosul and much of the north in a lightning advance.

THE ASSOCIATED PRESS

Azalea, whose Korean name is Dallae, smokes a cigarette at the Central Zoo in Pyongyang, North Korea. THE ASSOCIATED PRESS

NORTH KOREA

Meet Azalea the smoking chimp

Pyongyang's newly opened zoo has a new star: Azalea, the smoking chimpanzee.

According to officials at the newly renovated zoo, which has become a favourite leisure spot in the North Korean capital since it reopened in July, the 19-year-old female chimpanzee, whose name in Korean is "Dallae," smokes about a pack a day. Dallae is short for Azalea.

They insist, however, she doesn't inhale.

Thrown a lighter by a zoo trainer, the chimpanzee lights her own cigarettes. If a lighter isn't available, she can light up from a lit cigarette if one is tossed her way.

Though such a sight would draw outrage in many other locales, it seemed to delight visitors who roared with laughter on Wednesday as the chimpanzee, one of two at the zoo, sat puffing away as her trainer egged her on. The trainer also prompted her to touch her nose, bow thank you and do a simple dance.

The zoo is pulling in thousands of visitors a day with a slew of attractions ranging from such typical fare as elephants, giraffes, penguins and monkeys to a high-tech natural history museum with displays showing the origins of the solar system and the evolution of life on Earth.

Another of the most popular attractions that might come as a surprise to foreign visitors is the dog pavilion, which has everything from German shepherds to Shih Tzus. The zoo also has performances featuring other animals trained to do tricks, including a monkey that slam dunks basketballs, dogs trained to appear as though they can do addition on subtraction on an abacus and doves that fly around and land on a woman skating on an indoor stage.

Renovations for the new zoo began in 2014, as part of North Korean leader Kim Jong Un's efforts to create more modern and impressive structures and leisure centres around the capital. The zoo actually dates back to 1959.

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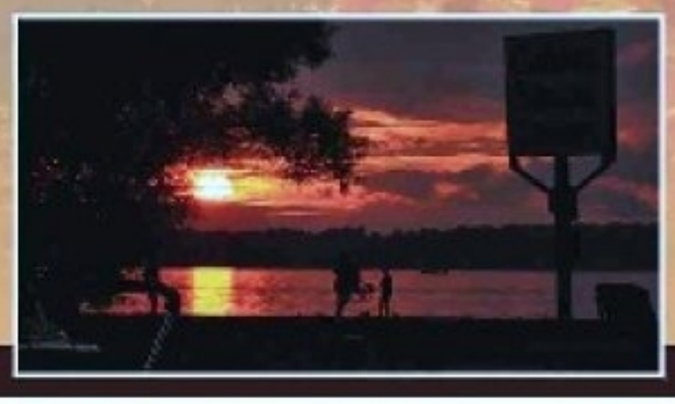

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Virtual reality arcades grow

SMALL BUSINESS

Owners bank on gamers trying out new technology

Imagine walking into a black-walled, nondescript room that instantly transforms into another world where you can explore outer space or defend a castle from monsters — all by donning a virtual reality headset.

That's the experience that awaits visitors at one of the number of new VR arcades opening up across Canada. Business owners are hoping to capitalize on gamers' interest in trying out the immersive technology, even as it becomes more readily available for the public to use at home.

Since the summer and over the past few weeks, several companies have started releasing high-end VR headsets for consumers. But some industry insiders and VR arcade owners aren't concerned, arguing that the mass extinction video game arcades of the '70s and '80s faced won't beset this growing industry because obstacles like price and space still exist when it comes to bringing the true VR experience to households.

It's impossible to know how many VR arcades exist but more and more are opening up, says Bernie Roehl, co-founder of the Virtual Reality Standards Board that advises commercial VR facilities on best practices.

"It ranges all the way from huge, massive, literally multi-million-dollar installations, all the way down to an Internet café," he said, describing the gamut of VR arcades that exist in the global marketplace.

THE CANADIAN PRESS

Vanessa Glavac plays a puzzle game at Ctrl V Virtual Reality Arcade in Waterloo, Ont. HANNAH YOON/THE CANADIAN PRESS

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METROLINX

ENERGY

Electricity board fines SNC-Lavalin

The Ontario Energy Board has fined SNC-Lavalin $75,000 for operating a gas-fired electrical generating plant at Toronto's Pearson International Airport without a licence for the past 10 years.

Ontario Energy Minister Glenn Thibeault said the Greater Toronto Airports Authority did have a licence as the owner of the electrical generating plant, but the operator, SNC-Lavalin, didn't get one until it was ordered to do so last June.

The GTAA says the facility supplies electricity to the airport "typically during the heat of summer," and to help manage demand and keep a steady power flow during interruptions from the local municipalities.

"It is every energy facility owner's and operator's obligation to apply to the OEB for a licence to operate," said Board spokesperson Karen Evans in an email. "SNC, who are providing ancillary services to the Greater Toronto Airports Authority, believed they did not require a licence as the operator of the facility."

THE CANADIAN PRESS

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IN BRIEF

Court sides with Canada Post in mailbox dispute

Ontario's highest court has ruled in favour of Canada Post in a dispute with the City of Hamilton over the placement of community mailboxes. Hamilton brought in a bylaw last year that required Canada Post to obtain a $200 permit per site to install boxes on municipal land.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, October 20, 2016

CHANTAL HÉBERT ON THE GOVERNMENT'S FIRST ANNIVERSARY

The alignment of the stars continues to favour the PM. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

Much celebration — for the most part justified — is attending the first anniversary of Justin Trudeau's election victory. Twelve months later, polls elicit no buyer's remorse. Many voters who did not support Trudeau last year are on balance happy he won.

The alignment of the stars continues to favour the prime minister. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

On that score, it may be time to keep Trudeau away from his press clippings.

On three occasions since the House reopened last month — including twice in this anniversary week — the prime minister has short-circuited negotiations between his ministers, the provinces or the opposition parties.

In an interview published in Le Devoir on Wednesday Trudeau signalled he is no longer enamoured with his promise to change the voting system in time for the next election.

The prime minister argues that on the heels of the election of a Liberal government, many Canadians no longer feel it is urgent to do away with the first-past-the-post system.

The outcome of the last election has indeed alleviated the fear of many progressive voters that, under the current system, the division of the opposition vote would give the Conservatives a virtual lock on federal power.

But the Liberal zeal for moving away from a system that has just delivered them a majority has flagged at least as quickly as the electorate's sense of urgency.

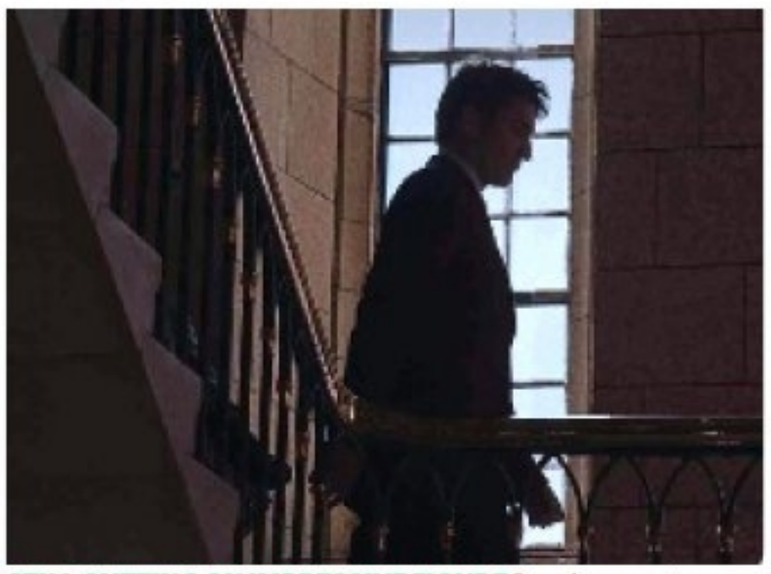
The last election alleviated progressive voters' fear that the current electoral system would give the Conservatives a lock on federal power.

In his early days as prime minister, Jean Chrétien celebrated election anniversaries by listing all the platform commitments he had honoured. Trudeau, it seems, believes the occasion lends itself to backtracking on promises.

The prime minister's timing is counterintuitive in yet another way: an all-party committee is about to try to craft a consensus on the way forward on electoral reform. Trudeau may have wanted to send the NDP and the Greens a message that if they do want a different system, they will have to put much water in their wine to find common ground with the Liberals.

But his comments can only exacerbate the Conservatives' sense that his only interest in moving to a different voting system would be to rig future elections against their party.

Trudeau's musings also shore up the perception that the Liberals on the electoral reform committee, along with reform minister Maryam Monsef, are on a mission to sabotage the discussion.



STILL CUTTING AN IMPRESSIVE FIGURE Despite recent statements that made life difficult for his cabinet ministers, Justin Trudeau retains that new-PM sheen one year in. THE CANADIAN PRESS

Standing at his seat in the Commons earlier this week, the prime minister alleged that the provinces have been diverting federal health dollars towards other programs.

Provincial health spending has been increasing at about half the pace (three per cent) of the federal health transfer. But Ottawa funds only a fraction (23 per cent) of the total provincial health bill. Even with the current six-per-cent escalator clause on that amount, the federal increase does not cover the actual rise in total health spending. The bottom line is that the prime minister is basing his case for cutting the annual increase in half on a mathematical fallacy.

The main result of Trudeau's comment was to make a difficult conversation between federal Health Minister Jane Philpott and her provincial counterparts even more antagonistic. Trudeau did not create this week's stalemate, but he is certainly not contributing anything constructive to its resolution.

On the day last month when the prime minister declared his intention to set a national floor price on carbon, Canada's environment ministers were meeting to discuss climate change. They were put in front of a fait accompli. Some of them walked out on Environment Minister Catherine McKenna.

For the most part Trudeau earned kudos for the substance if not for the method of his announcement on carbon pricing. It was an overdue move on the part of a federal government.

Reviews of his health-care approach are more mixed. The federal government does not need provincial approval to determine the level of its health transfer, but it can't get the reforms it hand-picked in its platform off the ground without provincial co-operation.

Electoral reform is not a top-of-mind issue for most voters. The political costs of Trudeau ditching the promised introduction of a different voting system in time for 2019 would not be prohibitive.

But when one connects the dots between the prime minister's interventions on three of this fall's time-sensitive files, one finds little evidence of the collegiality Trudeau promised last year.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA

A stress eater's guide to enduring the U.S. election

Watching the Democrats and Republicans battle it out first made me angry, then massively hungry.

For two years we've been hearing about this seemingly endless election. Would Bill Clinton be an asset or a liability to Hillary? What about ISIS? Would the GOP get it together? (Spoiler: no.)

I'm starving.

On Tuesday night, I made 24 cornbread muffins. I am not a baker. I don't like to encourage associations between me and kitchens. I was arming myself for last night's debate. Eating your feelings is an essential survival strategy for this election.

I was unprepared for the first debate: a plate of nachos and salsa. The next day, I ate a chocolate chip cookie every hour until the world felt right again. Luckily, the second debate was on Thanksgiving. It gave me a full plate to stare miserably into during each of the 55 times that Trump interrupted Clinton. The key is to keep chewing; otherwise bites of poultry will fall out of your mouth and onto your lap when the Republican candidate threatens to jail his opponent.

On Super Tuesday, Heather Whaley, writer of the book Eat Your Feelings: Recipes for Self-Loathing, recommended making a soup. To start: "Turn off the television, turn off the radio, put your phone in your sock drawer, and pre-heat the oven to 425." To finish: "Serve this with some crusty bread, a nice sharp cheese, and something bracing because it's going to be a long nine months." And so it has been.

The nine months has been ample time to develop a warm, cordial relationship with my local food-delivery people. To stay in their good graces (and get my order in a timely fashion), I've had to be careful that my food reflects my politics. In this wild and wacky cycle, even a bucket of chicken is more than it seems. The political-action committee created by Yum! Brands — owner of Taco Bell, Pizza Hut and KFC — donated over $2,000 to a conservative PAC led by former Republican congressman Eric Cantor, according to Eater. Given that congressional Republicans have obstructed every one of President Obama's plans, it's probably better to forgo the stuffed-crust double pepperoni with mushrooms in favour of the neighbourhood Thai spot.

Every Big Food brand, from Skittles to Wendy's, seems to have gotten in on the campaign; the search for friction-free packaged fare may be futile. Thus, I bake. For last night's debate, I sat down with a glass of wine, 21 muffins (three did not survive the wait), a bowl of soup and a creeping sense of dread.

Now that we're past the final debate, with only Election Day left to contemplate, just one question remains: What does one eat for the apocalypse?

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metro LIFE

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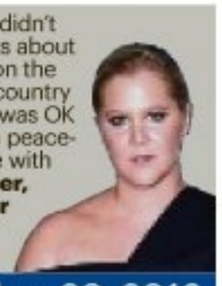
Thursday, October 20, 2016

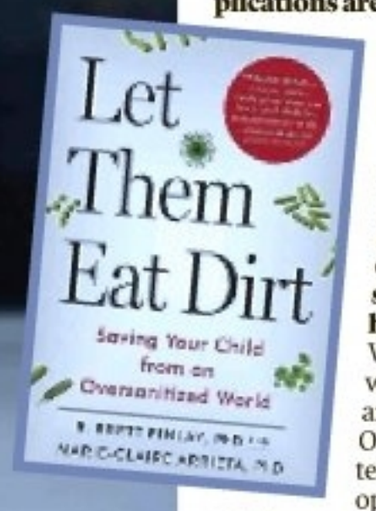
"Dearest Tampa, I'm sorry you didn't want me, a comedian who talks about what she believes in, to mention the biggest thing going on in our country right now. How could I think it was OK to spend five minutes having a peaceful conversation with someone with different views?" **Amy Schumer, on people walking out of her show where she criticized Donald Trump.**



Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health



Let Them Eat Dirt author and microbiologist Marie-Claire Arrieta says that our liberal use of antibacterial soaps and hand sanitizers are having a negative impact on our children's immune systems. ISTOCK

Yes, it's important to wash your hands. It's critical during cold and flu season and especially if you visit someone at the hospital.

The problem is — in the West at least — parents have taken the business of keeping clean way too far. New science shows that a lot of the tiny organisms called microbes that we're so busy blasting away with our hand sanitizers, antibacterial soaps and liberal doses of antibiotics are having a profoundly negative impact on our kids' immune systems, says microbiologist Marie-Claire Arrieta, co-author of a new book called Let Them Eat Dirt: Saving Our Children from an Oversanitized World.

The assistant professor at the University of Calgary, along with her co-author, esteemed microbiologist Brett Finlay, make the case that we're raising our kids in a cleaner, more hyper-hygienic environment than ever before. They say that overdoing it the way we are is contributing to a host of chronic conditions ranging from allergies to obesity. Here, Torstar chats with Arrieta.

What inspired you and Finlay to write Let Them Eat Dirt?

We're both microbiologists and we've been studying the community of microbes that live in our guts — what we call our gut microbiome. In recent years research from our lab and other labs has shown that the health of this microbiome early in life is really crucial to our lifelong health. It's not just that we're scientists but we're both parents. We thought that parents and caregivers would really benefit from us bringing this knowledge to the public.

We've been hearing for some time that overusing antibiotics may lead to antibiotic-resistant hospital infections, something we may associate with the elderly and other immune-compromised people. But I gather the implications are much more immediate and individual than that. What's the connection between microbes and the development of the immune system in childhood?

When we're born we do not have any microbes. Our immune system is underdeveloped. But as soon as microbes come into the picture, they kick-start our immune system to work properly. Without microbes our immune system can't fight infections well.

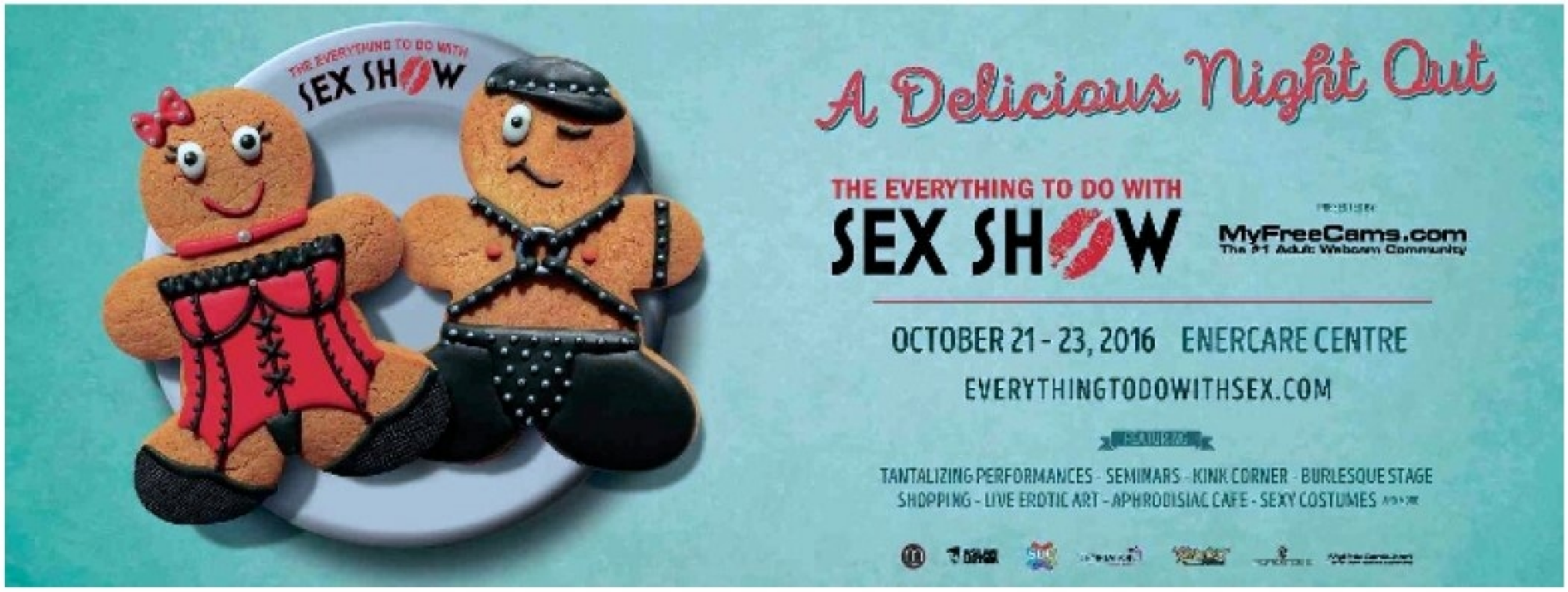
It's not just the presence of these microbes but what they produce. They produce molecules and substances that directly interact with the cells of the lining in our guts, but also with the immune cells that are on the other side of the lining in our guts. They literally train them. It is only upon the encounter with these microbial substances that an immune cell obtains the information to do what they're supposed to do. Then these cells in our gut have the ability to transport themselves to other parts of the body to do more training.

Are there things parents can do — and not do — to make sure they develop a good healthy microbiome and perhaps lower the chances of children contracting allergies, asthma and other related conditions?

Epidemiological evidence shows that kids who are growing up on a farm environment have way less chance of developing asthma. Of course you cannot just pick up your things and become a farmer, but what this suggests is that living in an environment that is less clean is actually better. The same is true for owning a pet, specifically a dog. Let your baby safely play with dogs.

Studies have also shown that cleaning everything that goes in baby's mouth increases their chances of asthma. The incidence of developing asthma is decreased if the pacifier is cleaned in the parent's mouth. And all of this points to the fact that we are just living too clean, to a point that it is not beneficial.

TORSTAR NEWS SERVICE



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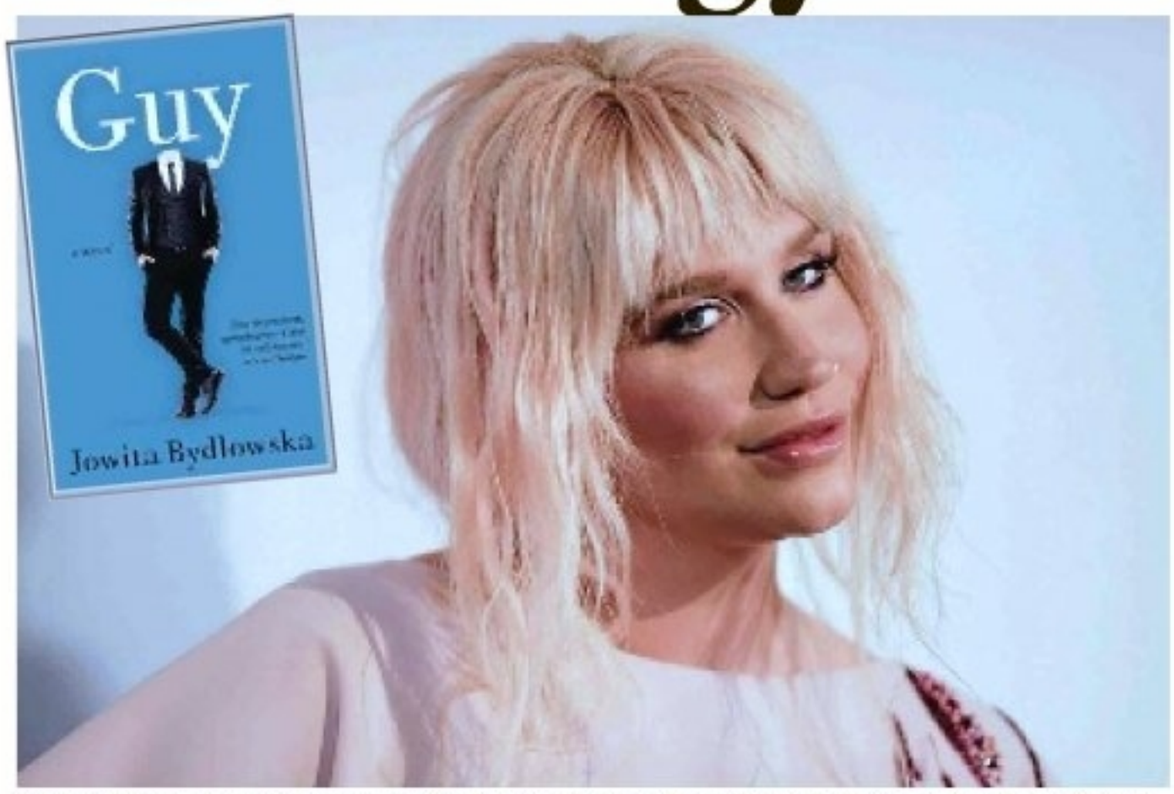

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women. RICHARD SHOTWELL/INVISION/AP, FILE

INTERVIEW

Bydlowska tackles challenging character

Sue Carter
For Metro Canada

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women.

Rich in looks and charisma, Guy is responsible for the commercial success of $isi, a young pop star with whom he had a sexual relationship before she was diagnosed with cancer.

While the parallels between Kesha's accounts of Dr. Luke's manipulations and the way that Guy treats $isi and other women are purely coincidental, the culture that has allowed predatory male behaviour to thrive for so long is finally being openly discussed — thanks in part to accusations against U.S. presidential candidate Donald Trump — which makes Guy such a prescient read despite its protagonist's shocking behaviour.

Best known for her controversial memoir Drunk Mom, which chronicles an alcoholic relapse after the birth of her son, Bydlowska knew that after all the attention that book received, she needed to write about someone as far away from her own experience as possible.

While holed up in a small cottage town editing the Drunk Mom manuscript — an experience Bydlowska found very difficult, emotionally — she didn't have access to Wi-Fi. One day, while walking to the local internet café (a location that appears in Guy), Bydlowska noticed an attractive man, and tried to catch his eye, wondering, "What's it like to be him?" She recalls thinking in the moment: "It would be such a relief to be someone else for a day."

Rich in looks and charisma, Guy sleeps with "plain girls," whom he rates clinically on a scale of one to 10, delusional in his belief that sex with him somehow opens up these women's futures and changes their lives.

I've had someone ask already if it's someone that I've dated

Jowita Bydlowska on her inspiration for Guy

Even Guy's dog, comically named "Dog," plays a prop role in his obsessive philandering. Bydlowska acknowledges Guy is a jerk with many horrible traits, but also views him as complicated and troubled, and even sensitive at times.

"Guy was a really challenging character to write, but in a good way. I didn't give him any of my thoughts, but I certainly used things that I've read online and I've heard from men and women. He was a good channel for social commentary," she says. "Most importantly, I could remove myself from the character. I didn't have to excuse him or talk about myself."

Though the "Lad-lit" genre has been around for a long time with authors such as Nick Hornby and Bret Easton Ellis (whose iconic novel American Psycho was influential on Bydlowska), it is rare for a woman to write such a brutally honest first-person depiction of a misogynist.

Bydlowska felt she had some freedom: she didn't worry about Guy's likeability or appropriating the voice of a wealthy young white man.

"I probably had more room to explore the subject than a man would. I feel like it was a guy who wrote this, he would be in trouble with people thinking it's all about him," she says. "Though in my case, I've had someone ask already if it's someone that I've dated. It just shows how we think about men and women, and our relationship with the world."

Sue Carter is the editor at Quill & Quire magazine.

GOSSIP

Robbery 'a wake up call'

Khloe Kardashian. GETTY IMAGES

Khloe Kardashian is calling her sister's robbery in Paris "a wake up call for everybody" but is pushing back against criticism that Kim Kardashian West had been too public in displaying her wealth.

"Pulling back on social media I think is a personal choice ... No matter what you post or don't post ... That shouldn't give someone a reason to feel like they could do anything like that to you," she said in an interview Tuesday. "But we definitely are just being more aware and I think just making changes to our lives."

Armed robbers forced their way into West's hotel room, tied her up and locked her in a bathroom before making off with more than $10 million worth of jewelry.

Khloe Kardashian, 32, said the Oct. 3 robbery was "an incredibly traumatic experience for Kim and she's definitely taking some well needed and much deserved time off."

She said she isn't sure when Kardashian West, 35, would make another public appearance, but she batted down rumours that her sister would be leaving the family's reality series Keeping Up With the Kardashians.

Kardashian made the comments while promoting her new fall denim line Good American with co-designer Emma Grede.

She said she agreed to partner up with Grede to design the brand for the curvy woman. The jeans range in size from zero to 24.

"I was always body shamed, and that was something that was super important to me to really teach girls to love themselves and love their bodies," said Kardashian, who has publicly chronicled her issues with weight.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Flashback delivers the goods

THE SHOW: Scandal, S1, E6 (City/ABC/Netflix)
THE MOMENT: The Hot Flashback

Fitzgerald Grant (Tony Goldwyn) and Olivia Pope (Kerry Washington) in a flashback. HANDOUT

In a flashback, we witness the moment Washington D.C. fixer Olivia Pope (Kerry Washington) and U.S. presidential candidate Fitzgerald Grant (Tony Goldwyn) fall in lust. He fired her because she called his marriage cold. Now he chases her down a hall to take it back.

"I am brilliant," she protests. "You would be lucky to have me. Just because you don't like hearing the truth about yourself –"

He cuts her off. "I loved hearing what you had to say," he murmurs. "I would be lucky to… have you." He gazes into her huge brown eyes. Time stops. He steps back.

"This is why you fired me," she pants.

Whoo-ey! Why hasn't anyone written about what delirious, ridiculous fun this series is?

I'm kidding, of course; I'm just extremely late to this party. To quote Geena Davis after Brad Pitt rocks her socks in Thelma and Louise: Now I understand what all the fuss is about.

The white coat! The striding down corridors of power! The effortless way Pope's elite team breaks into any house/computer/office and finds exactly the right clue everyone else has missed!

Just when you're thinking, "Whatever began this lurking passion between Olivia and Fitz better be good" – bingo! A steamy sex scene arrives that delivers on every promise. Sure, it's lifted directly from Steven Soderbergh's film Out of Sight. But it's so stuffed with hungry gazing and bosom-heaving that no one cares.

No wonder ABC simply hands all their money to series creator Shonda Rhimes. I would, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

THE FIRST LADY'S STYLE

Michelle Obama shines in Versace for final dinner

Michelle Obama dazzled at her final state dinner as first lady, wearing a figure-hugging, floor-length rose gold chainmail gown. She chose Italian label Atelier Versace for the White House dinner honouring Italian Prime Minister Matteo Renzi and his wife, Agnese Landini. Mrs. Obama has a tradition of wearing dresses to state dinners by designers representing the nation being honoured. The sleeveless gown showcased the first lady's famously sculpted arms and its draped design highlighted her figure. She enhanced the disco vibe of the sparkly dress with sleek, straight hair and side-swept bangs.

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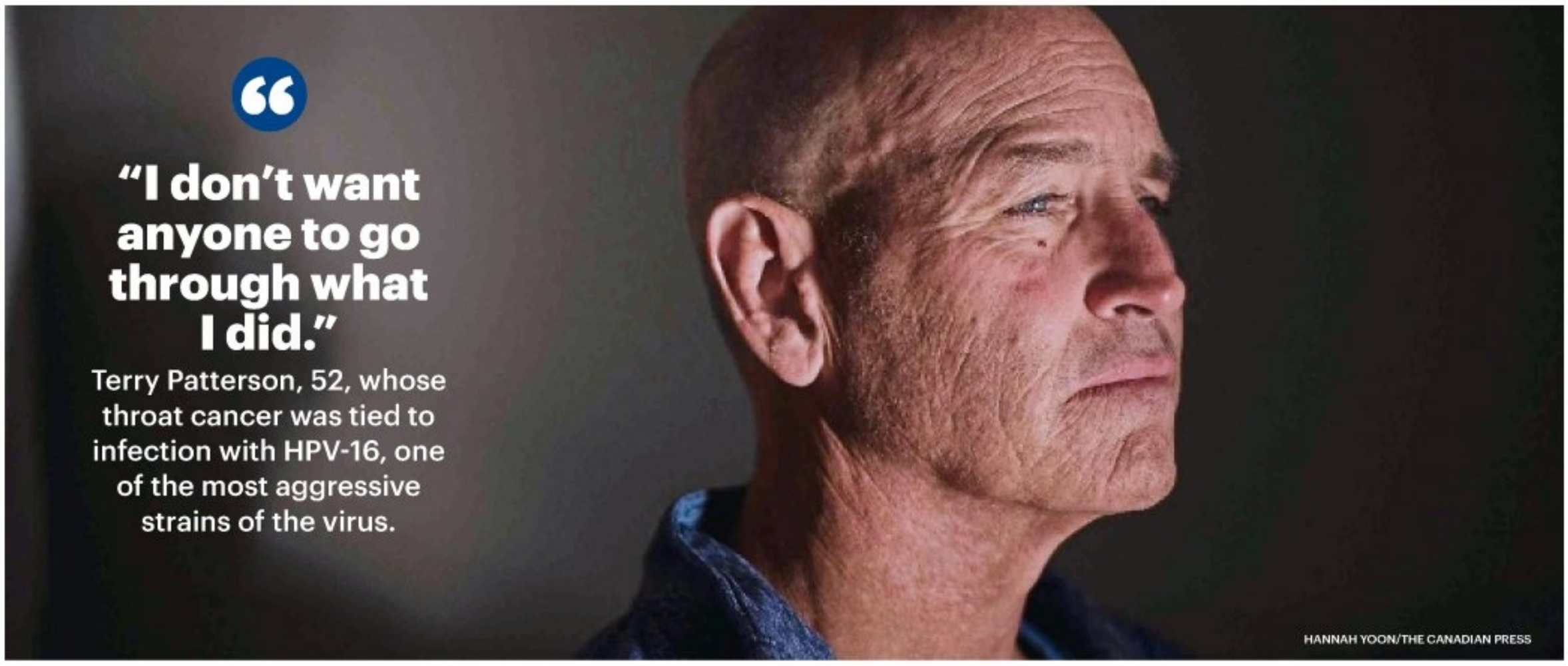

HANNAH YOON/THE CANADIAN PRESS

Men’s HPV-related cancers on the rise

RESEARCH

‘Deep kissing’ and oral sex major culprits in transmission

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest.

In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available.

An estimated 1,335 Canadian men and women were diagnosed with HPV-linked “oropharyngeal” cancers in 2012, and 372 died from the malignancies. They now represent about one-third of all HPV cancers in Canada, equal to the proportion of cervical cancer cases, said Leah Smith, the Canadian Cancer Society epidemiologist who helped author the report.

Human papillomavirus is the most common sexually transmitted infection worldwide. Most sexually active men and women become infected with HPV at some point during their lifetime. Most people clear the virus in about two years, but in a small proportion of those infected, the virus persists and can later cause cancer.

This year, almost 4,400 Canadian men and women will be diagnosed with an HPV cancer, including cervical, genital and anal cancers, and about 1,200 will die from their disease.

“HPV is a virus that infects moist skin, namely oral and genital mucosa,” said Dr. Eduardo Franco, head of oncology at McGill University in Montreal and a world-renowned expert on the pathogen. “The oral cavity is particularly susceptible, the tissue around the tonsils and the base of the tongue.”

Franco said research is increasingly pointing to “deep kissing” and oral sex as major culprits in HPV transmission. In a small proportion of those infected, mouth and throat cancers may develop years — even decades — later.

“The fact that we’re seeing these things now is a reflection of ... the changes in sexual mores of the ‘60s and ‘70s, which eventually brought oral sex to be part of people’s lives,” he suggested.

“It takes a long time for exposure of an agent to eventually develop into cancer, so much of what began in the ‘60s and ‘70s is rolling out now in terms of an increased risk of cancer.”

Those cases could be dramatically reduced — in fact, eliminated — if both girls and boys were inoculated against the most dangerous strains of HPV before they become sexually active, stressed Franco.

That’s a message Terry Patterson, 52, is eager to impart after going through treatment for throat cancer that was tied to infection with HPV-16, one of the most aggressive strains of the virus.

2 shots

A U.S. government panel says that preteens only need two doses of the HPV vaccine, not three. This is good news for busy parents who struggle to get their children all three shots within six months.

In fall 2013, the father of four grown children had been feeling run down, his throat was persistently sore and glands in his neck were swollen. A biopsy confirmed a growth in his left tonsil was malignant.

“I was astonished,” said Patterson, an insurance executive who considered himself fairly fit from recreational activities like running, cycling and playing hockey, despite being somewhat on the heavy side.

What followed was 35 days of radiation treatment — five days a week for seven weeks — at the Princess Margaret Cancer Centre in Toronto, each lasting about 45 minutes, as well as chemotherapy to prevent future recurrence of the tumour.

“It was a nightmare,” Patterson said from his home in Waterloo, Ont. “It’s the worst thing I’ve ever been through.

“My throat closed up so I couldn’t eat,” he said, explaining that for months all his nutrition came via a feeding tube inserted in his abdomen. “I lost 45 pounds and got third-degree burns from the radiation.”

Patterson, who is now cancer-free, encourages parents to have their children vaccinated against HPV. THE CANADIAN PRESS

Restaurants can market smaller portions and focus on quality of their food to help people regulate food intake, says Yann Cornil, an assistant prof at UBC’s business program. ISTOCK

STUDY

How to cut back on food portion sizes

Wanyee Li
Metro | Vancouver

It may seem counterintuitive but the key to cutting down portion sizes may be as simple as reminding yourself how good the food will taste, according to a UBC professor.

A UBC study shows people who were asked to imagine what a menu item would taste, smell and feel like, chose 25 per cent smaller portions and were willing to pay up to 30 per cent more.

It’s a finding that could benefit both consumers and the food industry, said Yann Cornil, an assistant marketing professor at UBC’s Sauder School of Business.

The method, tested on almost 1,000 people, works because it reminds people to make their decision on portion size based quality, he said.

“They evaluate the food based on the pleasure they get from it instead of their hunger or how much they get for their money.”

People who eat smaller portions are also happier than those who eat large amounts because the pleasure from food comes from the first few bites, said Cornil.

“The sensory pleasure you get from food tends to peak with the first few bites and then quickly decline.”

The study, co-authored by Pierre Chandon, a L’Oreal chaired professor of marketing at INSEAD, also tested this theory on children and found similar results.

It’s an important finding at a time when North America is suffering from an obesity epidemic, he said. Cornil hopes restaurants will market smaller portions and focus on the quality of their food in order to justify higher prices, instead of offering larger portions.

That could mean something as simple as restaurant owners describing the food in their menus more vividly, he said.

“It can encourage restaurants or marketers to propose smaller portion sizes and improve the sensory quality of their food.”

But Cornil stops short of saying this method can help people lose weight.

“At best, it can help people regulate their portion size intake and at best it will not make them gain weight.”

metro HOME
Your essential daily news
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Extending your patio season

CONDO TRENDS

The right pieces will help keep you outside longer

Duncan McAllister
For Metro Canada

For condo dwellers, there are only two seasons in Canada: winter and patio. As the days get shorter and summer turns to autumn, you can still enjoy your outdoor space well past Halloween. Our experts show you some tips and products to help extend your urban Canadian summer.

If you're handy with a screwdriver, you can make your own custom-built outdoor balcony furniture. It's a lot easier than you think. Last month at the Toronto Fall Home Show, homeowners learned from DIY expert Chris Palmer how to add more space to their condo terraces, patios and balconies.

"It's rewarding when you get a lot of people who didn't realize how simple it can be," says Palmer. "They can all see it and take it home and feel a little more confident the next time they try and tackle a project."

Palmer uses a new type of pressure-treated lumber called MicroPro Sienna. The Sienna product is eco-friendly and has a rich, natural finish much like cedar.

Multifunctional furniture that's practical for small space condos is hard find in stores, says Palmer, especially to fit your particular balcony or terrace.

He offers quick DIY project plans on his Hand Crafted by Chris Palmer website that you can tailor to your space and assemble over a weekend.

"I give you the how-to instructions and you can build something like the three-in-one planter. It's actually got four uses — it's a planter, it's a bench, it's a storage box and it's a table."

Palmer can be seen on HGTV's Canada's Handyman Challenge and Global TV's The Morning Show, as their resident handyman expert where he gives viewers tips on home renos, DIY projects and the latest in new tools.

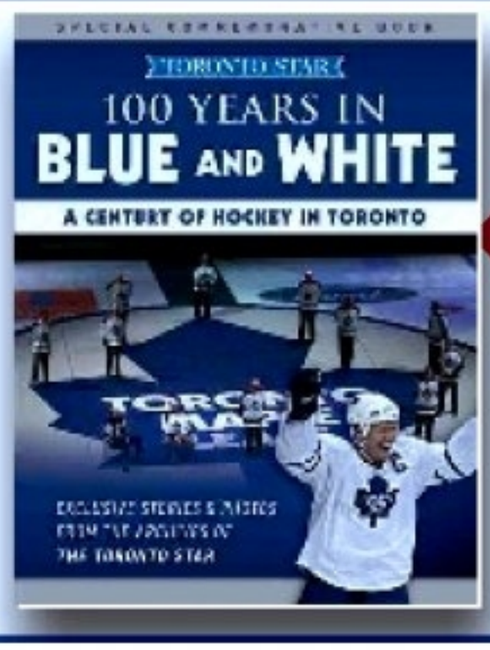
Toronto's Andrew Richard Designs creates custom outdoor living furnishings ranging from backyards and urban terraces to global hotels and high-end restaurants.

Their Adelaide Street showroom features pieces that are designed with the Canadian climate in mind, and can be left outside year-round. ARD's Daniel Cichon says that some customers have had their furniture outside for seven to eight years straight.

ARD designs and manufacturers all of their collections at their own facility, and with a choice of over 300 outdoor fabrics. No stranger to large condo projects, Cichon says they get many personal requests from residents who like what they see in the outdoor common areas.

Clockwise from top: DIY expert Chris Palmer's three-in-one planter box can be made for about $20 in materials; pieces from Andrew Richard Designs' popular Greewich collection and Kayman Balcony Dining Set. TOP: BOB GUNDU BOTTOM PHOTOS CONTRIBUTED

CANADA'S GAME. TORONTO'S TEAM.



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If you bought a unit on a lower floor of a condo building, the developer will ask you to cover the interim occupancy costs while they finish the rest of the building. ISTOCK

LEGAL MATTERS

Occupancy is ready when your unit is

Jeffrey Cowan
For Metro Canada

Q: We have been informed that we are finally closing on a condo that we purchased nearly seven years ago and the very tall building is finally ready for occupancy. Our lawyer has informed us that we are obliged to take possession of the unit even though final ownership may not be for several months.

They are requesting 12 post-dated cheques to cover the monthly interim occupancy costs and there appears to be no final date when the building will be 'registered' and ready for our final ownership. Are there no rules around how long a builder can delay this date? It seems unfair that we have to pay the carrying costs of the condo while they finish the building.

A: The purchasing process for condos is designed so that the builder gets you to take occupancy of the condo as soon as the unit is ready to be lived in and you are carrying the costs of the unit. If you are on the lower floors of a tall building this could mean you are in possession of the condo for several months before the entire building is ready to close. (Remember, condos are built from the ground up). I hear this complaint often from clients who have purchased pre-build condos. However, you have to remember that from the moment the developer purchased the land until the date of final closing, each day of development means less profit for the builder and therefore it is entirely motivated to purchase and build as quickly as possible. Delays in construction and final closing means less money in the developers pocket.

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YONGE BELSIZE MILLWOOD DAVISVILLE

T.O. in danger of becoming next Palo Alto

BILD

GTA increasingly unaffordable for most

Bryan Tuckey
For Metro Canada

The Greater Toronto Area is in danger of becoming the next London or Palo Alto, places that are highly desirable but unaffordable for most people.

This is a growing region and people want to live here but the lack of housing, especially low-rise homes, keeps pushing prices higher. Like London and Palo Alto, the demand for housing here is greatly outstripping the supply of housing available.

Whether people are looking to buy a new or resale home or looking for rental accommodations, it's becoming harder for many to find homes.

Our industry designs and builds homes and communities that meet the housing needs of the GTA, but doing so is getting harder as challenges grow. Complex policies, long approval processes, a shortage of serviced land, escalating land prices, and the growing issue of NIMBYism are impeding our ability to build. London and Palo Alto share many of these challenges.

To help our members keep abreast of builder best practices and innovation around the world, BILD organizes an annual tour to a different city where we learn about that city's housing market, meet with local developers and builders and visit sites.

This year we went to London where we saw a lot of industry innovation and amazing development projects under construction. But we also witnessed London's prevalent housing affordability issue.

While we were there, the media was reporting the average price of housing was £2,200 per sq. ft. ($3,564) which means $2,138,400 for a 600 sq. ft. home.

We visited King's Cross, one of the largest redevelopments in London. While this project offers a broad range of housing types including a component of subsidized rental housing, the market housing is not affordable to many Londoners with suites starting at £730,000 ($1,175,300).

In an effort to curb their housing crisis, the British government recently doubled its housing budget, and launched a major homebuilding stimulus package and plan to boost housebuilding by using surplus public lands.

Palo Alto is another example of a great city suffering from lack of housing supply and eroding affordability. The city offers a lot of employment opportunity but positions aren't being filled because people can't afford to live there.

We don't want to be Palo Alto or London. Here in the GTA, we need to work together to address the inadequate housing supply so that we can better meet the region's housing needs and offer consumers choice.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

CONTRIBUTED

MEET THE CONDO

Mixed-use on the waterfront

Project overview

Aquabella is the third phase of the Bayside Toronto community on the waterfront. It's a fully integrated, mixed-use waterfront neighbourhood with small-scale, people-friendly elements and short streets for a sense of intimacy and community.

Housing amenities

The amenities will include a party room with bar, a private dining room, and a fitness centre with yoga and spinning studios. There's a theatre room, outdoor lounges, an outdoor pool and landscaped terrace rooftop.

In the neighbourhood

It's a short walk to Sherbourne Common's art-infused playground, Aitken Place Park's green spaces and Sugar Beach. The area also offers retail, restaurants and shops along Merchants' Wharf and the Via Velo.

Location and transit

There are multiple TTC transit stops outside the building, and motorists have quick access to the Gardiner Expressway and Don Valley Parkway. You can walk to Union Station from here and cyclists have access to the Martin Goodman Trail.

DUNCAN MCALLISTER/FOR METRO

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REAL ESTATE

What's hot on the market

1 NOW OPEN

Parliament: 159SW condominiums opened its new presentation centre in the Wellesley Street neighbourhood. Check it out at 527 Parliament St. Contact: 416-323-1500, info@159sw.com

2 TESLA GIVEAWAY

Markham: Devron Developments is giving away a Tesla Model X for interested purchasers who register for the Vanguard condos. 7089 Yonge St., in Markham until Nov. 3. No purchase necessary. Contact: 289-597-2005, vanguardto.com

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metro SPORTS

Despite 19 C temperatures, MLB decided to keep the Rogers Centre roof closed for Game 5 to have "even conditions for everybody"

The Jays' emotional end

Bruce Arthur

Fast forward to the end, to the beginning. In the last inning of this Toronto Blue Jays season we got one last look at the heart of it all. Jose Bautista. Josh Donaldson. Edwin Encarnacion. This was the last stand. The crowd stood and they chanted for them: "Jose, Jose-Jose-Jose!" "M-V-P! M-V-P!" "Ed-die! Ed-die!"

That moment meant something. It all did.

"The thing I feel really proud of is the fans chanting my name," said Encarnacion after the Jays lost 3-0 to Cleveland, and lost the American League Championship Series 4-1. "Maybe that gave me too much energy, trying to do too much, and it didn't work out."

These past two years have been emotional. For over two decades the Blue Jays were the picture of mediocrity. They didn't really matter. Then last season they rocketed to within two games of the World Series. They took this town and this country on a ride.

This year was stranger, with a new front office and an uncertain future.

They scratched and clawed their way to Cleveland which had two starting pitchers. Cleveland started Ryan Merritt Wednesday, a 24-year-old who had thrown 11 big-league innings before shutting out Toronto for 4-1/3. Cleveland scored 12 runs in five games and won the series.

"This is one of those things where we'll always look back and wonder what if?" said designated hitter Michael Saunders. He is a free agent, along with Bautista and Encarnacion. But the latter two big bats are the topic of the moment.

GAME 5 In Toronto

3 C 0 TORONTO BLUE JAYS

"Do I wish that they'd come back? Of course, man. These guys are awesome," said catcher Russell Martin.

The 33-year-old Encarnacion reiterated Toronto is his first choice.

"To be honest, I'm really sad, because I don't know what's going to happen next," Encarnacion said through his translator Josue Peley. "But overall I feel really proud about the fans and the organization."

He might be back. Bautista did not want to discuss his future on his 36th birthday. He ripped a stand-up double down the line against Cleveland closer Cody Allen in the ninth, but Donaldson, who hit .417 in the post-season, struck out on three pitches. Encarnacion came to the plate, heard the sound, and the emotion welled in him as he struck out.

Troy Tulowitzki popped out to end it. Bautista didn't get as emotional as Edwin — he has never been — but he heard them chanting.

"That was nice to see," said Bautista. "It's great. I used to see specks of it here and there on Opening Days and Canada Days, and you knew the potential was there, but nobody wants to root for a loser. Obviously, now that we're playing better, it's to be expected from our fans."

Last season, the Jays fell in Kansas City, and they were angry. This time, it was just over.

We will now find out what kind of vision and creativity and ambition Mark Shapiro has. Can he sign Edwin? Can he replace Jose? Will it be better, or more fun? Who knows?

But we'll always look back with fondness on the Jays teams that made people care again, that brought out so much emotion. It was nice, you know. It was nice when this franchise finally tried to do too much.

Bruce Arthur is a sports columnist with the Toronto Star

Jose Bautista consoles Edwin Encarnacion after the Blue Jays were dealt a death blow by Cleveland on Wednesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

NHL MATTHEWS AND LAINE SQUARE OFF The Maple Leafs' Connor Carrick scores on Jets goaltender Michael Hutchinson in Winnipeg on Wednesday night. The matchup featured Auston Matthews and Patrik Laine — the top two picks in this past summer's draft. Go to metronews.ca for the story.
JOHN WOODS/THE CANADIAN PRESS

IN BRIEF

UFC lays off Canadian staff ahead of Toronto card

The Ultimate Fighting Championship laid off several employees from its Canadian office Wednesday morning, including president of Canadian operations Tom Wright.

Reached at his office, Wright confirmed he was no longer with the UFC but couldn't comment further.

The move comes seven weeks before UFC 206, the organization's first Toronto event in more than three years. TORSTAR NEWS SERVICE

Ticats star suspended

The Hamilton Tiger-Cats will be without star receiver/kick-returner Brandon Banks for their crucial East Division showdown Friday night with the Ottawa Redblacks.

Banks was suspended for two games Wednesday for violating the CFL's drug policy. According to the league, Banks tested positive for methylenedioxyamphetamine, a psychedelic hallucinogenic drug also known as MDA.

THE CANADIAN PRESS

COURT

Encarnacion asks for dismissal of lawsuit

Lawyers for Blue Jays first baseman Edwin Encarnacion have asked a New York court to throw out a $11.5-million lawsuit by a 24-year-old woman who claims Encarnacion knowingly infected her with two sexually transmitted diseases earlier this year in the Dominican Republic.

Filed Tuesday, before Encarnacion drove in two runs for the Blue Jays in Game 4 of the American League Championship Series, the motion calls on the court to dismiss the woman's claims both on jurisdictional and factual grounds.

The lawsuit was filed in August by Ashley Lebron, a family friend of Encarnacion who grew up in the Dominican Republic across the street from Encarnacion's aunt. She alleges Encarnacion knowingly infected her with genital herpes and chlamydia when they had unprotected sex in February at Encarnacion's home in the Dominican. She filed her lawsuit in New York, where she lives. TORSTAR NEWS SERVICE

IN BRIEF

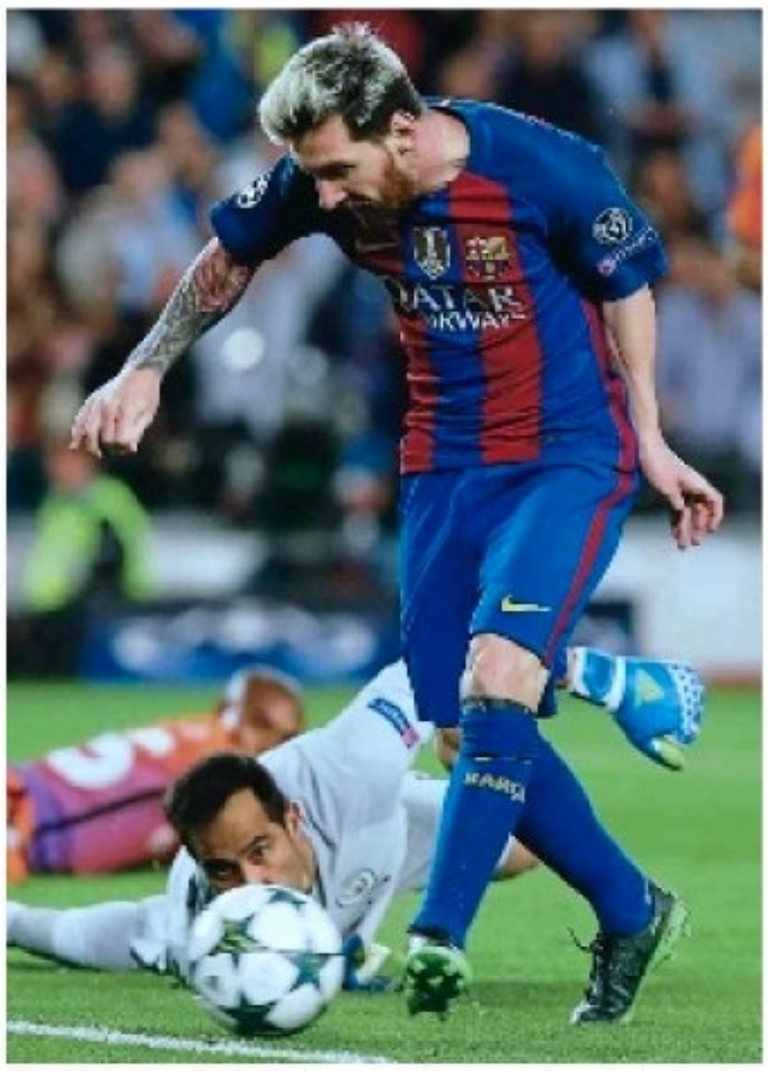
Uncertainty surrounds hurting Bills RB McCoy

Bills running back LeSean McCoy did not finish practice Wednesday after experiencing tightness in one of his hamstrings.

Coach Rex Ryan didn't know the severity of the injury and said the team's top offensive threat was still being evaluated by trainers. THE ASSOCIATED PRESS

I was not protesting, I was praying.

Indianapolis Colts tight end Dwayne Allen whose pre-game prayer Sunday was misinterpreted as part of 49ers QB Colin Kaepernick's protest movement. Allen was left to explain himself after enduring hateful social-media backlash.



CHAMPIONS LEAGUE MESSI DOES THE TRICK FOR BARCA

Barcelona forward Lionel Messi scores past Manchester City goalkeeper Claudio Bravo on Wednesday at Camp Nou. Ex-Barca player and boss Pep Guardiola returned to the Nou Camp as manager of City but his team were thrashed 4-0 with Messi scoring a hat-trick.

PAU BARRENA/AFP/GETTY IMAGES

Rose cleared in L.A.

NBA

Jury rejects rape lawsuit of Knicks PG's ex-girlfriend

Jurors cleared NBA star Derrick Rose and two friends Wednesday in a lawsuit that accused them of gang raping his ex-girlfriend when she was incapacitated from drugs or alcohol.

The jury reached the verdict in federal court in Los Angeles after hearing dramatically different accounts of the August 2013 sexual encounter. New York Knicks point guard Rose says he's thankful that the jury rejected the lawsuit. He said in a statement to The Associated Press that it was important to prove he did not do what he was accused of, even though he had to share private details of his personal life.

Derrick Rose THE ASSOCIATED PRESS

"I am thankful that the jury understood and agreed with me," his statement said. "I am ready to put this behind me and focus on my family and career."

Jurors later posed for photographs with Rose one at a time in the courthouse lobby.

One of the two men among the eight jurors who identified himself only by his first name and age, Jared, 25, said the panel tried to look at the case in the plaintiff's favour, but in the end could not believe her and felt her tears were not genuine. "It felt like she was playing us," he said.

Neither side denied the three men had sex with the woman, but the issue was whether she consented or was too intoxicated to do so. Defence lawyers painted the woman as a liar who tried to sway jurors through her tears to get at Rose's fortune. They claimed she was angry he had dumped her and she set him up and brought the lawsuit in hopes of a big payoff.

The woman, who became emotional and trembled while testifying, had sought $21.5 million when she filed the suit.

The woman's lawyer called the men "sexual deviants" and says they conspired to gang rape her after she was drunk and incapable of consenting to sex. THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	6	9	4	1	5	3	8	7
1	5	3	2	8	7	9	6	4
8	7	4	6	9	3	1	5	2
7	4	1	8	3	6	5	2	9
5	9	8	1	7	2	4	3	6
3	2	6	5	4	9	7	1	8
4	3	2	9	5	8	6	7	1
9	8	5	7	6	1	2	4	3
6	1	7	3	2	4	8	9	5

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RECIPE Tuna Casserole

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love food classics and a tuna casserole tops the list, as it's equal parts easy and comforting.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g package of whole wheat penne or macaroni
- 1 Tbsp olive oil
- 3 cups cremini mushrooms, thinly sliced
- 1 leek, cleaned well and thinly sliced
- 3 Tbsp flour
- 2 cups milk
- 1 Tbsp Dijon mustard
- 1 cup frozen peas
- 1 Tbsp dried thyme
- 3 cans good quality tuna, drained and rinsed
- 1 1/2 cups Gruyere, grated

Directions

1. Cook pasta 2 minutes less than package instructions and drain.

2. In a large pan with olive oil, sauté mushroom and leeks until they begin to soften, about 5 minutes. Sprinkle flour over mushrooms and leeks, stir and cook for 1 minute. Whisk in milk and allow to thicken, 3 to 5 minutes. Stir in mustard and season with salt and pepper after tasting. Add the tuna, frozen peas and thyme.

3. Add cooked pasta to the tuna mixture, stir and turn off heat.

4. Pour the mixture into a casserole. Sprinkle cheese over top and pop into the oven and broil for 3 to 5 minutes or until the cheese bubbles and turns brown.

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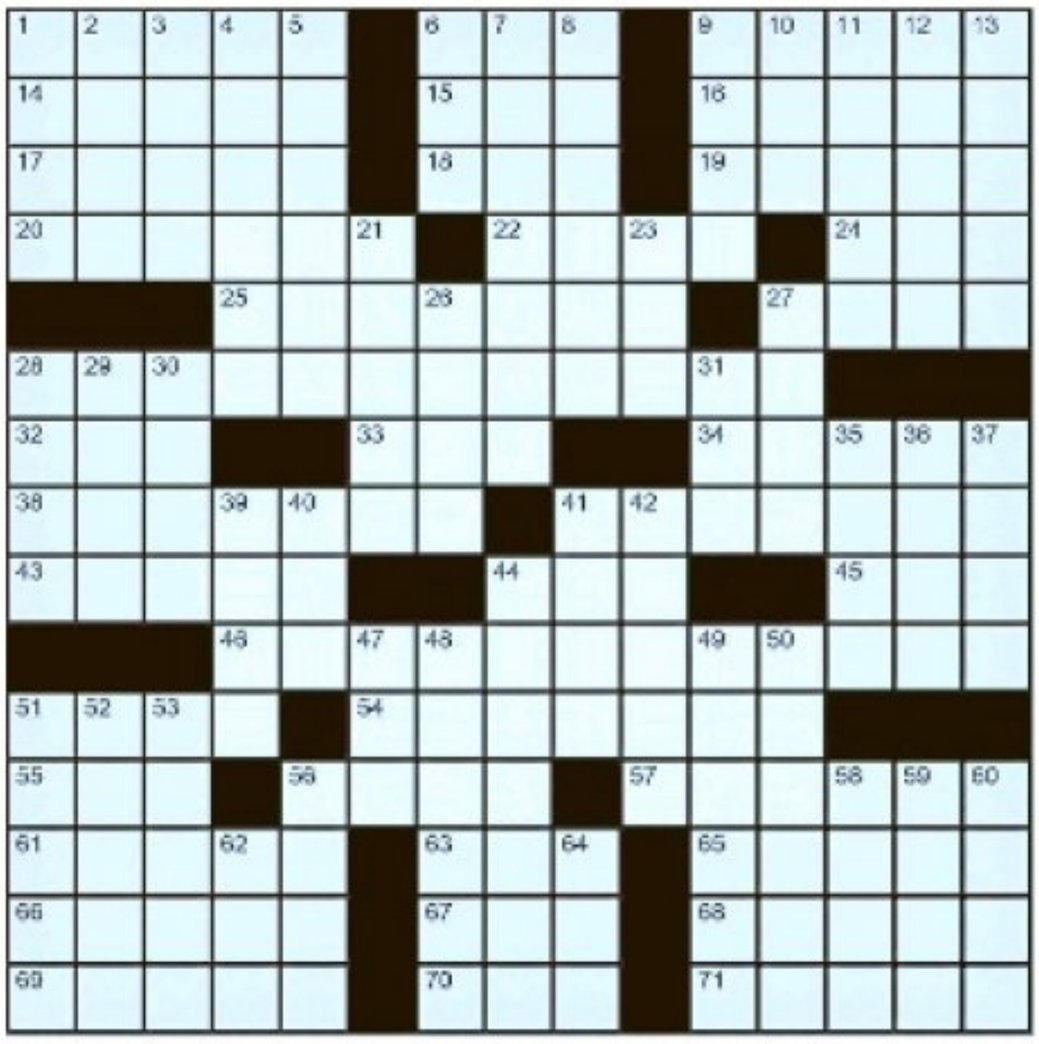
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Symbolic pole
6. Stealing bird
9. Jumbo
14. Windy City airport
15. Tavern stock
16. Arm joint
17. Greased
18. Prior
19. Unaccompanied
20. Chekov's portrayer on "Star Trek", Walter __
22. Ended
24. 1960s singer Bobby
25. NOAA... US agcy. that tracks hurricanes, National __ and Atmospheric Administration
27. Taken back [abbr.]
28. Hit by 2016 CMT Artist of a Lifetime honouree Shania Twain that goes: "He can have a '55 Chevy / Or a fancy little pick-up truck...": 4 wds.
32. Bird of Minerva
33. Circular mug part
34. Greek mythology shield
38. Invalidated
41. Box-opening woman of ancient Greek myth
43. Jack-in-the-deck
44. Heel
45. Impede, __ down
46. Shania Twain hit that goes "And I can be late for a date that's fine...": 4 wds.
51. "Piano Man" Billy
54. Tony Orlando's forest favourite: 2 wds.
55. &
56. Lodging of lore
57. Not wide
61. Violinist Mr. Stern
63. Ms. Thurman
65. Gradient
66. Release: 2 wds.
67. '_' _ for Alberta
68. Breakfast cereal brand
69. Jan __ (Dutch painter)
70. Caesar's 61
71. Hold off

DOWN
1. Selected
2. Toledo's locale
3. Narrative
4. Prior to this time, poetically
5. Renaissance family of influence
6. Chip __
7. RCMP, for one
8. Beetle sort
9. Equipment
10. __-defined
11. Overhead
12. Musical group of nine
13. Fall fashions fabric
21. Style of song
23. Green
26. In the thick of
27. Marsh plant
28. Part of NYC
29. Luke's actor brother
30. Sea lettuce
31. Vehicle variety
35. Mongolian desert
36. Atomic Number 26
37. __ advice
39. Shape of Rachael Ray's pot she uses to cook spaghetti noodles
40. Barbie and __
41. Out-of-breath runner's reaction
42. Decorate
44. Betty Crocker product: 2 wds.
47. Poetically far
48. User's reference
49. Banquets
50. Bordeaux grape/wine
51. Law enforcement lock ups
52. Beginning
53. _-_ (Online appointment, say)
56. Computer symbol
58. Movies composer Nino
59. October birthstone
60. Healthy
62. Time period
64. "__ recall..."

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do everything you can to avoid family arguments today, because they will be aggressive and nasty. Forewarned is forearmed..

Taurus April 21 - May 21
People are argumentative today. However, it mostly will be a battle of egos. You don't need to get involved in this. Save your breath and your peace of mind.

Gemini May 22 - June 21
Disputes about money or possessions might arise today. This is a poor day to engage in these discussions, because there will be a lot of conflict and nothing will be resolved.

Cancer June 22 - July 23
Avoid bullies today. This is the kind of day where someone wants to throw his or her weight around. Be particularly patient with partners and close friends.

Leo July 24 - Aug. 23
Someone behind the scenes might be working against your best interests today. If you think something fishy is going on — it is! Watch your step.

Virgo Aug. 24 - Sept. 23
You might have an argument with a friend today, especially a female friend. Or you might have a disagreement with anyone. Try to postpone these discussions for another day.

Libra Sept. 24 - Oct. 23
Quarrels with authority figures — bosses, parents, teachers, VIPs and the police — will not be pleasant today. Knowing this ahead of time, you can skirt this. Give your boss a wide berth.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will turn nasty. You don't need this. Take the high road and ignore these conversations.

Sagittarius Nov. 23 - Dec. 21
Don't be tempted to debate about shared property, inheritances, taxes and debt today. This is a poor day for arguments because people just want to fight. Yikes!

Capricorn Dec. 22 - Jan. 20
Today the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. The minute trouble starts, be ready to compromise.

Aquarius Jan. 21 - Feb. 19
Relations with co-workers will be testy today. Don't make an issue about anything. Sometimes you have to lose a battle to win the war.

Pisces
Feb. 20 - March 20
Parents must be patient with kids today. Hissy fits and meltdowns are par for the course. Everyone has frayed tempers today. Easy does it. Demonstrate grace under pressure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			3		1			
		2				5		
	4		5		6		9	
3		7				2		4
				8				
2		1				7		8
	3		7		5		4	
		9				1		
			8		3			

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